

SWEET EGGS



INGREDIENTS:

- 1 scoop Breakfast in Bed GLAM PRO
- 1/2 cup egg whites

DIRECTIONS:

- 1) Lightly spray a pan with cooking oil
- 2) Heat pan on medium heat
- 3) Mix or blend GLAM PRO and egg whites. Ensure they are well mixed
- 4) Pour mixture on pan, cook for around 5-8 minutes.
- 5) Flip and cook for another 2-3 minutes

Enjoy!

Makes 1 Serving

Calories: 144 | Protein: 29 g | Carbs: 2 g | Fat: 0 g