

Breakfast Sandwich

- 1 egg
- Cheese
- Avocado
- Lettuce
- Mayo
- Hummus
- Tomato
- Roasted peppers (optional)
- Salt and Pepper to taste
- Bread or bun or english muffin



Directions:

1. Scramble egg in mug
2. Microwave egg for 1 minute
3. Toast bun
4. Slice cheese thinly
5. Spread avocado, hummus, mayo on toasted bun
6. Slice up tomato and lettuce
7. Place egg, lettuce, tomato and cheese on toasted bun
8. Enjoy!

