

BULLS EYE SNACK

Here is a simple breakfast or afternoon snack.

*According to leading nutritionists, people who ate eggs report they have more energy. Eggs are full of nutrients, protein and healthy fats. Contrary to popular belief, eggs do not raise cholesterol levels. Eggs and their yolks have gotten a bad wrap. In fact eggs decrease your bad cholesterol and raise the good levels of cholesterol! Grass-fed organic eggs also deliver a healthy dose of omega 3. Eggs will give you a lot of bang for the buck

INGREDIENTS

Whole grain bread

1—2 eggs*

Cheddar cheese

DIRECTIONS

1. Take 1 piece whole grain bread (highly recommend using a middle slice of Lakewinds trail bread) and butter both sides of bread lightly. With a small juice or shot glass, cut hole in center of bread**.
2. Place buttered bread in saucepan over medium heat, crack an egg inside hole of bread (Bulls Eye).
3. Cook thoroughly, gently flip, and continue cooking until desired doneness. Add a piece of cheddar cheese and let melt while Bulls Eye is still in pan. *Viola!*

**Depending how big a circle or hole you have cut for the Bulls Eye, 2 eggs would work well.

