

CHEESY SCRAMBLED EGGS

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Prep time: 5 minutes

Servings: 1

Serving size: 3 oz.
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Gisbert Grasshopper invented this hoptacular recipe with the help of his handy Gizmometer. Taste this creation for yourself, and see why this snack makes him hop for joy.



Gisbert Grasshopper

INGREDIENTS:

- 1 large egg
- 1 egg white
- Sprinkle of shredded cheddar cheese
- 2 tablespoons of skim milk
- Dash of pepper and/or garlic powder (optional)

Note:

Add veggies or even crumbled turkey sausage to this recipe if desired.

EQUIPMENT AND SUPPLIES:

- Bowl
- Whisk
- Frying pan
- Wooden spoon

Adult supervision required.

DIRECTIONS:

1. Whisk all ingredients in a bowl until frothy.
2. Pour in a warmed frying pan.
3. Stir as the egg mix is cooking.
4. Plate eggs when firm and not runny.

Nutrition Facts Serv. Size Entire Recipe 122g (121g), Amount Per Serving: **Calories** 130, Fat Cal. 69, **Total Fat** 8g (12% DV), Sat. Fat 3g (16% DV), Cholest. 220mg (73% DV), Sodium 190mg (8% DV), Total Carb. 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 13g, Vitamin A (9% DV), Vitamin C (1%), Calcium (15% DC), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

