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### **Egg and Bacon Breakfast Sandwich**

There's nothing more tempting than the convenience—and greasy flavors—of a breakfast sandwich from a fast-food restaurant. Especially when stress is high, and the calendar is jampacked, these can be hard to resist! But in a matter of minutes you can make your own breakfast sandwich that tastes better *and* is better for you! Look no further than this hot and tasty egg and bacon sammy, with fresh avocado and cheese that isn't rubbery. Trust us: You'll be glad you opted out of the drive-thru line!

Prep Time: 5 min. Cook Time: 5 min.

Serving size: 1 sandwich

Recipe makes 1 serving

#### **Ingredients**

2 slices whole-wheat bread

2 slices bacon

2 eggs

1 tomato, sliced

2 slices Colby Jack cheese

1/2 avocado, sliced

1 small handful spinach

#### **Directions**

1. Cook the eggs however desired (scrambled, fried, poached, etc.).
2. Toast the whole-wheat bread until golden brown and place eggs on one slice of toast.
3. Lay both slices of cheese on top of the eggs, followed by the bacon, spinach, tomato, and avocado.
4. Top the sandwich with the second piece of toast. Serve hot.