



## **Egg Poppers**

### **The Process:**

- Pour liquid egg whites into an ice cube tray sprayed with a little non-stick cooking spray. Place in the microwave for 4 minutes.
- Place in the fridge for 1 hour. The cooling process makes poppers slide easily from the ice cube tray.
- Try mixing egg whites with sugar-free Jell-O powder for added flavor. Or, serve them with some homemade salsa. Egg poppers are great for strict dieters.