

# Better-For-You Breakfast Sandwich Biscuit

There's something comforting about a warm biscuit breakfast sandwich in the morning. Unfortunately, many restaurant versions are loaded with calories, saturated fat, and sodium, leaving you feeling sluggish rather than energized. This healthier version keeps all the flavors you love while making a few simple swaps. By using a whole wheat biscuit, turkey bacon, and a protein-rich egg, you'll enjoy a satisfying breakfast that helps keep you full throughout the morning. For an even lighter option, homemade whole wheat biscuits made with Greek yogurt instead of heavy cream can boost protein while reducing fat and calories.

## Ingredients

- 1 whole wheat biscuit
- 1 large egg
- Pinch of salt
- Pinch of black pepper
- 2 slices turkey bacon
- 1 slice reduced-fat cheddar cheese

**OR**

For an even lighter biscuit:

- Use a whole wheat biscuit made with plain nonfat Greek yogurt instead of heavy cream or buttermilk.

## Directions

1. Cook the turkey bacon according to package directions.
2. Cook the egg to your preference (fried, scrambled, or folded).
3. Season the egg with a pinch of salt and black pepper while cooking.

4. Warm the biscuit and slice it in half.
5. Place the egg, turkey bacon, and cheese on the biscuit.
6. Serve immediately.

## Why It's Better

- Whole wheat biscuits provide more fiber than traditional biscuits.
- Turkey bacon reduces saturated fat.
- Greek yogurt can increase protein while lowering calories and fat in homemade biscuits.
- Eggs provide high-quality protein that helps keep you feeling full and satisfied.
- A small amount of seasoning enhances flavor without adding significant calories.

## Approximate Nutrition Facts

*(1 sandwich made with a whole wheat biscuit, 1 egg, 2 slices turkey bacon, 1 slice reduced-fat cheddar cheese, and a pinch of salt and pepper)*

Nutrient	Amount
Calories	340
Protein	22 g
Carbohydrates	26 g
Fiber	4 g
Total Fat	16 g
Saturated Fat	5 g
Cholesterol	205 mg
Sodium	820 mg
Sugar	3 g

*Nutrition values are estimates and may vary based on the specific ingredients and brands used.*

**Serving Suggestion:** Pair this sandwich with fresh berries,

orange slices, or a small apple for a balanced breakfast rich in protein, fiber, vitamins, and lasting energy. ☺☺☺\*☺