



173 Calories per serving

6 Servings, approximately

Recipe Adapted from: Natalie's Kitchen

Family Rating:

5



Breakfast Pizza

- 2 oz shredded cheese
- 2 large egg whites
- 2 large eggs
- ¼ cup water
- 3 oz chopped/sliced mushrooms
- 3 oz diced onion
- 3 oz green peppers
- 1.5 oz turkey sausage crumbles (Butterball)
- Cauliflower Crust (Rustic Crust found at Wal-Mart)
- I Can't Believe it's Not Butter Spray

Directions: Preheat oven according to crust directions. Combine eggs and water and scramble. Spray crust with butter spray. Top with eggs, veggies, sausage, and cheese. Bake according to package directions. Allow to slightly cool and cut into 6 pieces. Your family will never know they are eating a cauliflower crust!

Tips: Make it a brunch...add salad and fruit as a side! We topped our pizza slices with Sriracha or hot sauce to add a little heat!