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[Honey 7 Grain](#)

Stop, guac and roll your way into a great day! This protein-packed breakfast sandwich is sure to hold your hunger until lunchtime.

Total Time:

15
MIN

Number of Ingredients:

12

Servings:

1

Level:

Medium

Ingredients:

1/2 cup frozen peas

1/2 cup frozen edamame

1 tablespoon chopped onion

1 tablespoon chopped fresh cilantro

2 teaspoons fresh squeezed lime juice

Dash chipotle chili powder, ground cayenne pepper or hot sauce

1/8 teaspoon salt

1 to 2 tablespoons water

1 teaspoon olive oil

2 egg whites

2 slices of any Nature's Own Soft Sandwich Bread

1 tomato slice

Instructions:

In small microwavable dish, heat peas and edamame 2 minutes until hot.

Transfer to food processor bowl. Add onion, cilantro, lime juice, chipotle chili powder and salt.

Process about 20 seconds to finely chopped; scraping bowl halfway through processing.

With motor running, add enough water through feed tube until mixture is similar in texture to guacamole.

Set aside up to 30 minutes or cover and refrigerate up to 24 hours.

Heat olive oil in small nonstick skillet over medium heat. Add egg whites.

As egg whites set, form egg whites into a 5-inch square using spatula.

Cook about 1 1/2 minutes until eggs are cooked, turning halfway through cooking. Season with salt and pepper.

Meanwhile, toast bread. Spoon about 1 tablespoon guacamole on each slice of toast.

Layer egg and tomato on one slice of bread; top with remaining bread.

Tip: Enjoy any remaining Skinny Guacamole stuffed into a taco, spread on a quesadilla or scooped onto tortilla chips. In addition, any Nature's Own bread variety would be good with this recipe.

Cooks Notes:

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