

## APPLE & VEGGIE SAUSAGE BREAKFAST SANDWICH

The combination of savory sausage with sweet raisin bread and jam is designed to wake up your taste buds. This tasty sandwich comes together in 5 minutes, but has plenty of protein and fiber to sustain you all morning long.

**ACTIVE:** 5 MINUTES  
**TOTAL:** 5 MINUTES

● HIGH PROTEIN

● HIGH FIBER

🌱 VEGETARIAN

🕒 SUPER SIMPLE

**TRY IT** on a cinnamon-raisin English muffin instead for an even-easier-to-grab-and-go meal.

- 2 slices cinnamon-raisin bread, preferably whole-wheat
- 1 frozen vegetarian sausage patty
- 1 teaspoon raspberry jam
- 4 thin slices apple
- 2 tablespoons shredded Cheddar cheese

Toast bread. Microwave sausage patty until hot, about 30 seconds, or according to package directions. Crumble. Spread jam on 1 piece of toast. Top with the sausage, apple slices, cheese and the remaining slice of toast. Cut in half and serve.

### **SERVES 1**

**Calories** 320, **Fat** 8g (sat 3g), **Cholesterol** 16mg, **Carbs** 46g, **Total sugars** 16g (added 12g), **Protein** 19g, **Fiber** 6g, **Sodium** 458mg, **Potassium** 151mg.

