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Lisa Brown

THAI INSPIRED EGGS

Ok, don't freak out over these flavor combos, trust me, it's good! You could even add more veggies of your choice and/or chicken/tofu.

Makes 1 serving.

Prepare peanut sauce:

1 T natural peanut butter (I like crunchy)
1t soy sauce
1t Sriracha Hot Chili sauce (found in Asian section at market-this is HOT)
1t no sugar ketchup
2 pks Splenda

Mix all ingredients together in a cup, keep to side for later. You might need to adjust this according to your taste.

Other ingredients:

6 egg whites
2 green onions
2 T fresh cilantro
1/2C matchstick carrots
1/2C mung bean sprouts

Spray pan with butter spray or use non stick pan. Cook egg whites until they are almost done, scrambled style. Immediately add cilantro and green onions, stir, turn off heat and add carrots and bean sprouts. Pour into large bowl and add peanut sauce, stir to distribute evenly.

Macronutrients:

Calories: 265

Fat: 8g

Carbohydrates: 20

Protein: 27