

Nutritious & Delicious Breakfast Recipes



Wholemeal Bagel & Scrambled Eggs

Ingredients (Serves 1)

- 1 wholemeal bagel
- 2 large eggs
- 1 tsp olive oil
- Seasoning

Method

1. Cut the bagel in half and lightly toast the bready side.
2. Meanwhile crack open the egg and whisk. Cook on a medium heat with the olive oil stirring to make scramble egg.
3. Season with pepper.
4. Place the egg on top of the base bagel.
5. Place the top on the bagel.

Key Nutrients

Portion	234g	100g	
Calories	496 (kcal)	212 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	19.4g	8.3g	Med
Saturates	4.5g	1.9g	Med
Sugars	6.4g	2.7g	Low
Salt	2.0g	0.8g	Med
Protein	26.3g	11.3g	-

Allergen Info: Wheat, Sesame, Eggs