



## Pepperoni Breakfast Pizza



Entire recipe: 172 calories, 4.5g total fat (2g sat. fat), 882mg sodium, 7g carbs, 0.5g fiber, 3g sugars, 23g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes



### Ingredients

1 stick light string cheese  
1/2 cup fat-free liquid egg substitute  
2 dashes garlic powder  
2 dashes onion powder  
3 tbsp. pizza sauce  
6 slices turkey pepperoni  
Optional topping: red pepper flakes

### Directions

Break string cheese into thirds and place in a blender or food processor--blend at high speed until shredded. (Or pull into shreds and roughly chop.)

Bring a small skillet sprayed with nonstick spray to medium heat. Add egg substitute and let it coat the skillet bottom. Sprinkle with a dash each garlic powder and onion powder. Cover and cook until solid enough to flip, about 3 minutes.

Carefully flip egg "crust." Top with sauce, leaving a 1/4-inch border. Sprinkle with remaining dash each garlic powder and onion powder. Top sauce with cheese and pepperoni. Cover and cook until cheese has melted and pepperoni is hot, 1 to 2 minutes. Enjoy!

### MAKES 1 SERVING

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