



## 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

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**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

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.