

## Whipping Up Nutritious Protein-Packed Breakfasts

(NAPSA)—It may not be that cup of coffee giving you your morning pick-me-up. It could be your breakfast. Nutritionists say a breakfast that includes lean protein could actually double your metabolic rate, providing a healthy morning boost.

So how do you get that protein kick? One way is through liquid eggs, which are a terrific low-fat source of protein. Combined with fresh fruit and a whole grain muffin, toast or bagel, they provide a healthy morning start, and can help sustain energy and blood sugar levels—and control hunger—throughout the day.

Need another reason to scramble after some liquid eggs? Try this: A whole, ordinary shell egg has about 70 percent of a person's daily recommended cholesterol intake. Add a second egg in the mix, as well as some ham and cheese to make an omelette, and it's obvious how the numbers quickly add up.

In contrast, a serving of Egg Beaters—America's top-selling liquid egg—provides the same amount of protein as a shell egg, but with very little cholesterol and fat, and less than half the calories of an ordinary shell egg. It's also pasteurized to ensure food safety.

Because the product comes in a pourable carton, it can be used to whip up quick meals with little mess. The popular liquid egg now comes in a new Ham and Cheese variety, which is one of America's favorite flavor combinations, though not the healthiest option if made with ordinary shell eggs. The newest variety provides a fast, healthful way to add flavor to a morning routine.

Try this recipe for Open-Face



**Open-Face Egg Muffins made with liquid eggs are a healthy and fast way to start off the day.**

Egg Muffins. They can be a bright way to start your morning or a delicious meal any time of day.

**reduced-fat cheddar cheese**  
**1 teaspoon chopped fresh chives**

### Directions:

**1. Preheat broiler. Spray medium nonstick skillet with cooking spray; heat over medium heat. Pour Egg Beaters into skillet. Cook until slightly set; stir. Cook an additional 6 minutes or until Egg Beaters reach desired doneness, stirring occasionally.**

**2. Place muffin halves, cut sides up, on ungreased baking sheet. Top each with ¼ of the scrambled Egg Beaters, 1 tomato slice and 2 tablespoons cheese. Broil 1 to 2 minutes or until cheese is melted.**

**3. Sprinkle chives evenly over all muffins.**

For more recipes, nutrition information and tips, visit [www.eggbeaters.com](http://www.eggbeaters.com).

### Open-Face Egg Muffins

Prep Time: 10 minutes

Total Time: 20 minutes

Makes: 4 servings

(1 half-muffin each)

### Ingredients:

**PAM® Original No-Stick Cooking Spray**

**1 cup (8 ounces) Egg Beaters® product (choose from regular, Egg Whites, Cheese & Chive, Garden Vegetable, Southwestern or new Ham & Cheese varieties)**

**2 whole wheat English muffins, split, toasted**

**1 medium tomato, cut into 4 slices**

**¼ cup (1 ounce) shredded**