

BANDALICIOUS

Delicious. Easy. Healthy.

CHEESY BACON & EGG TARTLETS

Makes 16, Serves: 4



YOU WILL NEED:

- 16 Square wonton wrappers
- 4 Pieces of turkey bacon
- 1 c. Real egg substitute
- ¼ c. Part-skim Mozzarella Cheese, shredded
- Dash – sea salt
- Dash – pepper
- 16 sprays – I can't Believe it's Not Butter
- Nonstick - Buttery flavored spray
- Hot Sauce (*optional!*)

DIRECTIONS:

1. Preheat oven to 350.
2. Spray a muffin tin with nonstick, butter flavored spray.
3. Lay out wonton wrappers, spray each with the 'I Can't Believe it's Not Butter'
4. Carefully shape each wonton into the muffin tin (buttered side down) and then spray the other side (now facing up) with the 'I Can't Believe it's Not Butter'.
5. Bake for 8 minutes until golden brown; remove from oven and set aside.
6. Meanwhile, cook turkey as directed on package.
7. Drain bacon on a paper towel and then chop; set aside.
8. In a medium size mixing bowl, mix together the egg substitute, chopped bacon, salt, and pepper.
9. In a small to medium, nonstick pan frying pan, scramble egg mixture.
10. Spoon evenly into baked tartlets.
11. Evenly sprinkle shredded cheese onto each tartlet and bake for an additional 3 minutes, or until cheese is melted.
12. Top with hot sauce if desired!
13. Serve and Enjoy!

CAL: 166
FAT: 3
CARB: 17
FIBER: 1
SUGAR: 4
PROTEIN: 17