

# Breakfast Calzone

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Made with the same ingredients listed, 1 serving, 4 FSP

- 1/4 cup flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/4 cup fat free Greek yogurt (\*\*I actually use a little less than 1/4 cup\*\*)
- 2 eggs (beaten, 1 Tbsp reserved)
- 1 slice Canadian Bacon (chopped)
- 1 oz lite mozzarella cheese (\*\*I use Trader Joes's – 1 point, 1 ounce\*\*)

1. Mix flour, baking powder, salt. Add in yogurt. Mix well, then knead a few times.
2. Cook eggs (make scrambled eggs). Let cool
3. Spray a piece of parchment paper with non stick spray. Roll out dough on parchment paper into a 6-8 inch circle/oval.
4. Put eggs on half of the dough. Sprinkle with Canadian bacon and cheese. Bring top of dough over filling. Fold up bottom dough and seal.
5. Brush with reserved beaten egg.
6. Preheat airfryer to 325. Cook calzone for 7-9 minutes,

turning over the last 2 minutes. To cook in oven, preheat oven to 375 and bake calzone about 10-12 minutes. Check to see when it is golden brown.

7. You can use all different kinds of fillings – different meats, cheeses, veggies, etc. Just adjust points accordingly!