

# Hash Waffles

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2 waffles, 2 FSP

Adapted from Amanda Lewis on YouTube

- 85 grams refrigerated, shredded hashbrowns
  - 1 egg
  - 28 grams fat free cheddar cheese (or cheese of choice, just adjust points)
  - salt and pepper and any other seasoning to taste
1. Mix hashbrowns, egg, cheese and seasonings in a bowl.
  2. Heat mini waffle iron. I use this one. Spray with non stick spray
  3. Add 1/2 of batter to waffle iron. Cook about 3 minutes until golden brown
  4. Repeat with other half of batter
  5. Serve as a "bun" for a breakfast sandwich. serve with eggs, whatever you like!

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# Breakfast Veggie Frittata

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Serves 4, 1 FSP per serving

You can mix and match any veggies you choose!

- 6 large eggs
- 1 cup green bell pepper (chopped)
- 1 medium tomato (chopped)
- 2 ounces Cabot 75% reduced fat cheddar (grated)
- salt and pepper to taste

1. Preheat oven to 400. Spray a 9 inch deep dish pie plate with non stick spray.
2. In a bowl, whisk eggs. Add salt and pepper, whisk. Add in chopped veggies and cheese. Pour into prepared pie dish.
3. Bake 15 minutes or until a knife inserted near the center comes out clean. Let sit 5 minutes, slice and serve.