

Eggs Benedict

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Serves 2 , 6 FSP per serving

- 2 English Muffins (3 point ones)
- 4 eggs
- 4 slices Canadian Bacon
- 1 egg yolk
- 2 Tbsp light butter (melted)
- 2 tsp fresh lemon juice

1. Toast English muffins.
2. Poach 4 eggs (great tutorials on YouTube!)
3. Heat Canadian Bacon
4. Make Hollandaise sauce by putting 1 egg yolk in a blender, blend. Slowly, in a steady stream, add the melted butter. Add the lemon juice. Let process for about 30 seconds.
5. Place muffin on a plate, top with bacon, then egg, then Hollandaise sauce.
6. This recipe is tough to time – trying to get it all done and plated at the same time while everything is still hot! It helps to have a second set of hands.

