



Southwest Breakfast Bowl

2 eggs
¼ cup canned black beans, drained and rinsed
¼ avocado, peeled and sliced
1 Tablespoon salsa
1 teaspoon cilantro
Salt and ground black pepper to taste
Spray a nonstick pan with pan spray.

Stir and cook egg substitute over medium heat until softly scrambled.

Heat black beans in microwave until warm.

Place warm beans in small bowl, top with scrambled eggs, avocado and salsa. Season with salt and pepper. Makes 1 serving.

Nutrition Facts (per Serving): 293 calories, 17 grams protein, 17 grams fat, 16 grams carbohydrate, 439 mg sodium.

 **BARIX CLINICS™**
America's Leader in Bariatric Surgery

www.barixclinics.com | www.barixclinicsstore.com | 800-282-0066