



Matzah Brei

Instructions:

Beat the eggs and mix together with the matzah and milk.

Coat a pan with 3 seconds of Pam and heat on a medium flame. Pour the mixture into the pan.

Cook until bubbles form on top of the matzah brei.

Flip the matzah brei and continue cooking until browned.

Optional: Spread 1 TBSP. of sugar free jam on top.

Counts as 1 breakfast

Prep Time:

2 minutes

Cook Time:

3 minutes

Ingredients:

1 egg

1 egg white

1 whole wheat matzah -
crushed

1/4 cup low-fat milk

Pam

1 TBSP. sugar free jam -
optional