



## 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**

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### Prep Time:

2 minutes

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### Cook Time:

3 minutes

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### Ingredients:

1 egg

1 egg white

3/4 whole wheat matzah -  
crushed

1/6 cup low-fat milk

Pam

1 TBSP. sugar free jam -  
optional