

Breakfast Sandwich

McDonald's has got nothing on us. Check out this Healthy Breakfast Sandwich!

Prep:
5 minutes

Cook:
15 minutes

Ready In:
20 minutes

Servings:
2



Vegan Egg

1/2 cup chickpea flour
1/4 tsp turmeric
1/2 tsp black salt (can use regular salt too)
1/4 tsp fresh ground black pepper
1/2 cup water

Ingredients

2 english muffins
2 vegan sausage patties (recipe link in content above)
2 slices of vegan cheese

Instructions

- 1** Take all of the dry egg ingredients and mix together in a small bowl.
- 2** Add in the water and whisk all the ingredients together until they thicken up and there are no more clumps.
- 3** Heat a skillet to medium heat and pour the batter on top. The recipe will make 2-4 of these eggs depending on how big they are. Cook for about 5 minutes on each side. If you use non-stick cookware you shouldn't need any cooking oil.
- 4** Prepare your Egg McMuffins with some english muffins, vegan sausage patties (recipe link above) and slices of vegan cheese. I love the Chao brand!