



Nuts About Pizza for Breakfast

Makes 1 serving

Ingredients

- 1 whole-wheat English muffin
- 1 tablespoon almond butter
- ½ cup strawberries
- 1½ teaspoons unsweetened coconut flakes (shredded)

Instructions

1. Split and toast English muffin.
2. Spread each half with almond butter.
3. Top with sliced strawberries.
4. Sprinkle with coconut.

Nutrition Facts

Serving size: 1 “pizza”; calories per serving: 280; fat: 12g; saturated fat: 2.5g; cholesterol: 05mg; sodium: 320g; carbohydrates: 7g; fiber: 8g; sugars: 10g; protein: 10g

Source: www.diabetesfoodhub.org

