

Breakfast Waffle Club Sandwich

Recipe Type: Breakfast

Degree of Difficulty: Easy

Ingredients

1/4 cup honey
2 Tbs butter or margarine
2 crisp, red apples, cored and sliced
8 frozen waffles, toasted
8 thin slices ham

Directions

- 1 Melt butter with 1/4 cup honey in large nonstick skillet over medium-high heat.
- 2 Stir in apples and cook for about 4 minutes, continuing to stir, until apples are lightly caramelized and are tender and crisp.
- 3 Toast waffles and place 2 on each plate.
- 4 Top each waffle with 1 slice of ham and 1/4 of the apple mixture.
- 5 Option: Drizzle with sugar free maple syrup.

Cooking Times

Preparation Time: 3 minutes

Cooking Time: 6 minutes Total

Time: 9 minutes

Nutrition Facts

Nutrition (per serving): 346 calories, 11g total fat, 4.9g saturated fat, 5.5g fiber, 14.8g protein, 51.1g carbohydrates, 1028.5mg sodium, 22.6g sugar, 56.3mg cholesterol.

Servings: 4

Weight Watchers Points

Orig. WW Pts: 7

Points Plus: 9

Tips

You can change up this recipe by using a different breakfast meat like turkey sausage or bacon. Try using some mixed berries in place of the apples for even more fun flavors.