

# Sweet and Spicy Monte Cristo

THM-Friendly: E

- 2 slices sprouted or sourdough bread
- 1 Tbsp. whipped cream cheese
- 4-5 slices jarred jalapenos
- 1 Tbsp. fruit spread, pick your fave
- 5-6 slices turkey deli meat (or your choice of meat)
- 1/3 cup egg whites
- 1 tsp. THM [Baking Blend](#)
- 1/4 tsp. baking powder



In a small bowl stir jalapenos into the whipped cream cheese.

Spread that mixture on one slice of bread. Spread the fruit spread on the other slice of bread.

Add the deli meat to the fruit spread-covered bread slice, then top it with the cream cheese mix slice.

NOW the fun part! Get a bowl that your sandwich will fit in. Mix egg whites, Baking Blend, and baking powder in this bowl.

Heat a pan on medium heat. Spray the pan with cooking spray if needed.

When your pan is nice and hot, stick your sandwich into the egg mixture. Make sure to flip to get both sides soaked, then place it in the nice, hot pan.

Grill on both sides to your toasted preference.

Put on a plate and devour!

enJOY!

