



## Article Side

Egg Sandwich-Simple yet Nutritious Breakfast Option by [Ordermate](#)

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With hectic lifestyles and packed schedules, most families often find it very difficult to rise up early and prepare a nutritious breakfast. Breakfast course need not be always elaborate. What you need to focus is on getting some sandwich recipes that are not only quick and simple but healthy too. Some ingredients such as bread and eggs are so versatile, that you can stir up a tasty sandwich in no time. To break the monotony, you can replace eggs with ham, salami, sausage or vegetables. You can include pickled olives, mustard sauce, cheese, etc to your sandwich to make them more interesting and tasty. Cereals are also good breakfast options. There are different types of ready to eat cereals available in the market for both adults and children. Children would particularly like the cocoa pebbles and to make it more nutritious you can add fresh fruits and nuts to the cereals.

### Egg Sandwich Benefits:

Eggs will not only meet your nutrition needs but it will help you manage your hunger and calorie consumption during the day. You can use eggs in different forms in your egg sandwich recipes. Use them boiled, fried or scrambled. Some of the benefits of eggs are

- â€¢ Inexpensive
- â€¢ Easy to cook
- â€¢ Good source of protein and essential amino acids
- â€¢ Helps you control your appetite
- â€¢ Facilitates weight loss
- â€¢ Boosts brain functioning and memory power
- â€¢ Promotes healthy hair and nails
- â€¢ Assists in healthy development of teeth and bones
- â€¢ Preserves eyesight

### Ingredients for Sandwich Recipes:

Sandwiches are the simplest and easiest breakfast food to prepare. They don't need much cooking time and you can make it instantly. The basic ingredients that you can use in your sandwiches are butter, cheese spread, mayonnaise, mustard sauce, ketchup, sandwich spread, cheese slices or grated cheese, pickled vegetables, raw vegetables or sautÃ©ed vegetables, cooked meat of your choice or processed meat, etc. Almost all the ingredients for your egg sandwich recipes are easily available in stores.

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The author (Imunchie) suggests and recommends your favorite a [Sandwich recipes](#) and a

[Egg Sandwich recipes](#). iMunchie is The Pandora for Food. We personalize your foodie experience based on your

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