



[Protein Packed Grilled Sammie](#)

Featuring [Rule Breaker](#)



- 1 [Rule Breaker](#) product of your choice
- Healthy spray (I recommend [Winona Pure Oil](#))
- 2 Slices of bread
- “Cheese” of your choice (great with dairy free!)

Prep Time: 4 Minutes

Cook Time: 6 Minutes

1. Using parchment paper, flatten a Rule Breaker product with a rolling pin
2. Heat a frying pan on medium heat
3. Spray with oil
4. Place a slice of bread into the pan
5. Add cheese
6. Add the flattened Rule Breaker product
7. Add more cheese
8. Top with the second slice of bread
9. Grill until both sides are browned

Makes 1 sandwich