



CP'S EGGS BENEDICT



MAKES:
1 SERVING

SERVING SIZE:
1 SERVING

**CALORIES
PER SERVING**

390kcal

P 32g

C 31g

F 18g

NET CARBS: 13

**PREP AND
COOK TIME:**



**PREP TIME
5 MINUTES**



**COOK TIME
10 MINUTES**



**TOTAL TIME
15 MINUTES**

EQUIPMENT NEEDED:



Toaster



Saucepan or skillet



Slotted spoon



Small bowl

INGREDIENTS:



1 whole 100-calorie
whole grain English
muffin, split (2 halves)



2 large eggs



2 slices Canadian
bacon or lean
ham



½ cup CP's
Hollandaise
Sauce, warmed



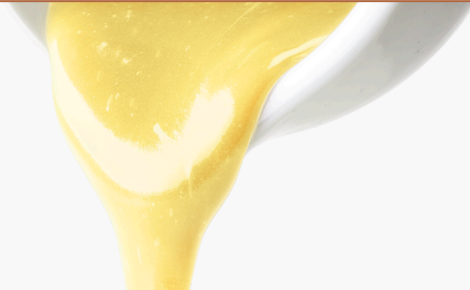
INSTRUCTIONS:

1 **Toast** the muffin halves until golden.



2 **Sear Canadian bacon** in a skillet for 2–3 minutes per side until warmed and slightly browned.

3 **Poach the eggs:** Crack each egg into a small bowl, then slide gently into simmering water. Poach for 3–4 minutes.



4 **Assemble:** Top each toasted muffin half with Canadian bacon, a poached egg, and a generous spoonful of CP's Hollandaise Sauce.

5 **Serve warm.** Optional: garnish with fresh chives or cracked black pepper.



MAKES 2 SERVINGS
RECIPE TOTAL COST: \$3.34



**TRACK THIS
RECIPE AND
HUNDREDS
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KEPT APP!**



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Category	CP's Eggs Benedict	Traditional Egg's Benedict
Calories	390 kcal	600 kcal
Protein	32g	27g
Carbs	31g	32g
Fat	18g	40g
Net Carbs	13g	30g
Cost per serving	\$1.67	\$3



CP'S HOLLANDAISE SAUCE



MAKES:
8 SERVINGS

SERVING SIZE:
4 tbsp (60g)

**CALORIES
PER SERVING**

107kcal

P 7g

C 3g

NET CARBS: 2g

F 7g

**PREP AND
COOK TIME:**



**PREP TIME
4 MINUTES**



**COOK TIME
5 MINUTES**



**TOTAL TIME
9 MINUTES**

EQUIPMENT NEEDED:



Blender or food
processor



Medium
saucepan



Whisk

INGREDIENTS:



1½ cups (339g) low-fat
cottage cheese,
blended until smooth



3 large (51g)
egg yolks



2 tbsp (45g)
lemon juice



1½ tsp (7.5g)
Dijon mustard



⅔ cup (150ml)
unsweetened almond
milk



¾ tsp (7.5g)
salt, or to taste



½ tsp (1.5g)
paprika (optional)



1 tbsp (21g)
olive oil



1 Tbsp Corn
Starch

INSTRUCTIONS:

1 Blend the Base:

In a blender or food processor, combine cottage cheese, egg yolks, lemon juice, Dijon mustard, and warm water. Blend until very smooth.



2

Heat Gently:

Pour mixture into a saucepan and heat over low heat, whisking constantly to avoid curdling.



3

Add Olive Oil:

Slowly whisk in the olive oil and corn starch to emulsify and thicken the sauce.



4

Adjust if Needed:

Add more warm water or almond milk for a thinner texture, if desired.



5

Finish & Serve:

Stir in salt and sprinkle paprika over the top. Serve warm over eggs, veggies, sandwiches, or anything that needs creamy, tangy love.



MAKES 6 SERVINGS
RECIPE TOTAL COST: \$0.56



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COMPARISON TO TRADITIONAL HOLLANDAISE:

Category	CP's Hollandaise Sauce	Traditional Hollandaise
Calories	107 kcal	280 kcal
Protein	7g	3g
Carbs	3g	1g
Fat	7g	28g
Net Carbs	2g	
Cost per serving	\$0.56	\$1.60