



CP'S EGGS BENEDICT



MAKES:
1 SERVING

SERVING SIZE:
1 SERVING

CALORIES PER SERVING 390kcal

P 32g

C 31g
NET CARBS: 13

F 18g

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



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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



⅓ 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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KEPT APP!



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with Chris Powell™

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