

5 Ingredient Blueberry Swiss Melts

Servings: 4

Prep Time: 5 MIN

Cook Time: 5 MIN



INGREDIENTS

- 2 whole-wheat English muffins, cut in half
- 4 **teaspoons** grainy mustard
- 8 slices Swiss cheese
- 1 **cup** fresh or frozen blueberries
- 1 **tablespoon** fresh thyme

INSTRUCTIONS

- 1 Preheat broiler. Arrange English muffins on foil-lined baking sheet; broil for 30 to 60 seconds per side, or until lightly toasted.
- 2 Spread mustard over each toast. Place one slice of Swiss cheese on each toast and divide blueberries evenly; top with additional remaining cheese slices.
- 3 Broil for 1 to 2 minutes or until cheese is melted and bubbling; garnish with thyme.

Notes: If using frozen blueberries, rinse before use.
Nutritional analysis based on fresh blueberries.



Grab a
★
boost of
blue