



Eggy Bread with grilled tomato



Ingredients:


- 4 eggs
- 4 slices wholemeal bread
- 4 teaspoons butter

(Each portion uses 1 egg, 1 slice of bread and 1 teaspoon of butter).

Method:

1. Beat the eggs.
2. Dip the bread in the egg on both sides.
3. Melt the butter in a frying pan.
4. Fry the bread in the butter over a gentle heat until the egg coating is well cooked. Turn over and cook the other side.

Serve with 80g of grilled tomato and 150ml of orange juice.



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Eggy bread	80g
Tomatoes (grilled)	80g
Orange juice	150ml



Recipe:

<http://cptportal.cumbria.nhs.uk/SiteDirectory/ChildrensServices/Public%20Health/Healthy%20weight%20programme/SESSION%20%20Eating%20Well/Session%20%20Additional%20Resources/CHEW-5-11-BREAKFASTS.pdf>