





Eggy Bread with grilled tomato



Ingredients:

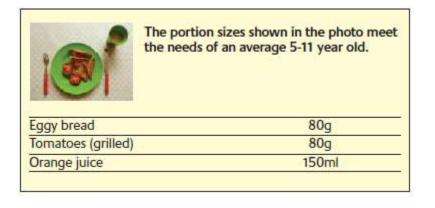
- 4 eggs
- 4 slices wholemeal bread
- 4 teaspoons butter

(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.





Recipe

http://cptportal.cumbria.nhs.uk/SiteDirectory/ChildrensServices/Public%20Health/Healthy%20weight%20programme/SESSION%202%20Eating%20Well/Session%202%20Additional%20Resources/CHEW-5-11-BREAKFASTS.pdf