

Speedy Egg bread.



This is a quick recipe to make 1 slice which is easily multiplied up to suit.

Ingredients

- 1 slice of 50/50 or wholemeal bread
- 1 medium/ large egg
- 1 tbsp. milk
- Salt and pepper
- Butter / vegetable oil if required

Method

Firstly it is key that you have a good non-stick pan to reduce the amount of oil or butter you need to use for this dish.

Crack the egg into a bowl and add the milk and seasoning to your required taste.

Whisk together well, coat the bread on both sides of the bread and let it sit for 2 mins for the egg to soak in.

Heat the non-stick pan adding some oil or butter until it is hot. Place the bread in and cook evenly on both sides until golden brown

Cut into fingers and serve.

Note;

This recipe again can be adapted by adding a little cinnamon and a hint of sugar to give it a new twist. Goes well with peanut butter , grilled bacon or with chopped strawberries and Bananas.



All these recipes have been put together for the children of Waulud Primary school.