



# Recipes

## Eggy bread

Level: Easy

Time to make: 5 minutes

Cost: Around 16-18p per slice

Makes: 1-2 servings

### Ingredients

- 2 eggs\*
- 1 tablespoon semi skimmed milk\*
- Seasoning: pepper, herbs, cinnamon, or nutmeg (optional)
- 2 slices of wholemeal bread\*
- 1 teaspoon of vegetable oil / 2-3 squirts of oil spray

### Steps to making the dish

1. Crack the eggs\* into a bowl, then add the milk\* and optional seasoning of choice and lightly beat.
2. Dip each slice of bread\* in the mixture, making sure it has soaked up all of the liquid.
3. Heat a frying pan over a medium heat and add the oil.
4. Add the bread\* and fry on each side for 1-2 minutes until golden brown.
5. Serve and enjoy.

### Tips!

- Try to use wholemeal bread\* as this contains more fibre and will keep you full for longer.
- You could serve with chopped tomatoes, baked beans, salad or mashed avocado.
- Add cinnamon or nutmeg, sprinkle with a little icing sugar and serve with fruit for a sweet version.
- Get the kids involved with beating the egg and milk and dipping in the eggy mix.

\*May contain or is one of 14 common allergens