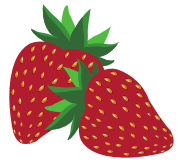
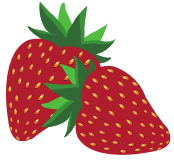


EGGY BREAD



INGREDIENTS

2 medium eggs

1 tbsp milk

2 slices brown or 50/50 bread

1 tbsp vegetable oil

Fresh fruit, fruit compote or reduced

salt & sugar beans to serve

DIRECTIONS:

- Lightly beat the egg in a shallow bowl along with the milk. Season with salt and black pepper.
- Dip each slice of bread into the egg mixture, making sure it has soaked up all of the liquid. Heat a frying pan over a medium heat and add the butter. Swirl the butter around the pan and when it's beginning to foam, add the bread and fry on each side for 1 min or until golden brown.
- Transfer to a plate and serve with baked beans, fresh fruit or fruit compote.

