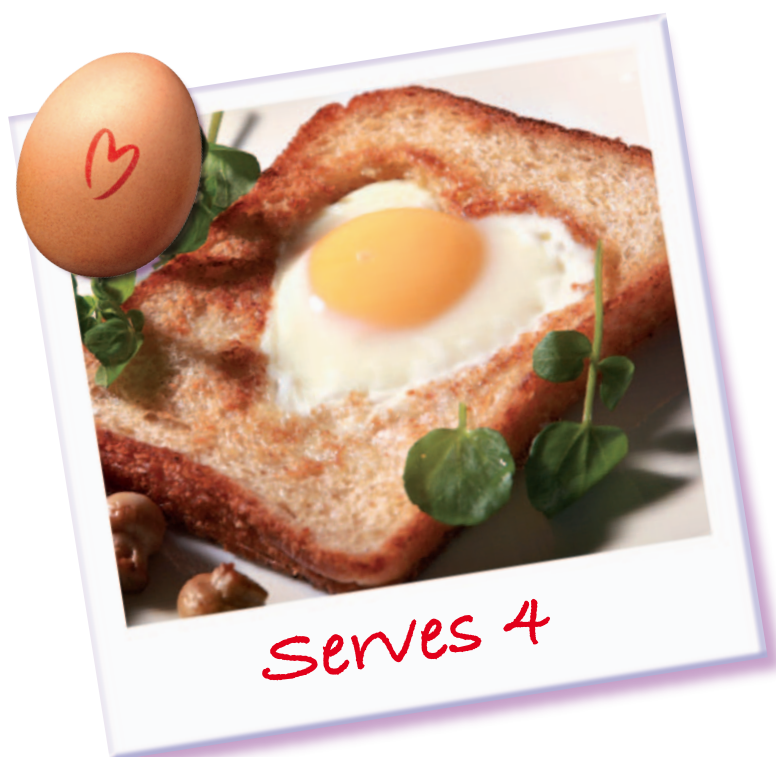




Healthy Eggy Bread



Preparation time: 5 minutes

Cooking time: 10-15 minutes

Ingredients

4 x Goldenlay Omega 3 eggs

4 x 2cm thick brown bread

60ml vegetable oil

Salt and freshly ground black pepper

Grilled mushrooms to serve

Method

1. Use a 7.5cm round or shaped cutter to cut a circle from the centre of each slice of bread & discard.
2. Heat the oil in a large frying pan and when hot, add the slices of bread and cook for 2-3 minutes until golden brown on one side.
3. Turn over the bread, then crack an egg into the centre of each slice, season with low sodium salt and pepper. Cook over a medium low heat for 5 minutes or until the eggs have set.
Serve hot with grilled mushrooms.

A fantastic healthy alternative to the traditional English breakfast.