

TOAD IN THE HOLE

16

- SOYF, SF, VG, VN, NF

INGREDIENTS

4 slices of gluten free bread
 4 eggs
 20g Margarine
 1 avocado
 Extra sides if desired

SERVES 4

NUTRITION INFO

CALORIES

255

TOTAL FAT

20.8g

SAT. FAT

4.7g

SODIUM

240mg

TOTAL CARBS

17.7g

FIBRE

1.95g

SUGARS

2.1g

PROTIEN

10.3g

METHOD

- 1 Place the slices of bread on a chopping board and cut a large hole in the centre of each slice.
- 2 Preheat frypan on medium heat.
- 3 Place slices of bread in the pan and crack egg into the hole.
- 4 While the bread and eggs are cooking, slice up your avocado and prepare other sides if desired.
- 5 Once egg is half cooked flip the bread over, cook to desired.