



Breakfast Recipe

Beans on toast (Microwaved & Toasted)



5-10 mins

Allergens



RYE



BARLEY



WHEAT



SOYA



MILK

Utensils



spoon



knife & fork



microwave safe bowl



Toaster

You will need...



200g baked beans



2 slices of multiseed bread



1 Tsp low-fat butter



salt & pepper



tin opener

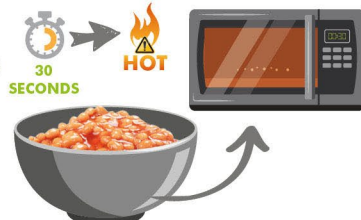
1 Carefully open the tin of beans



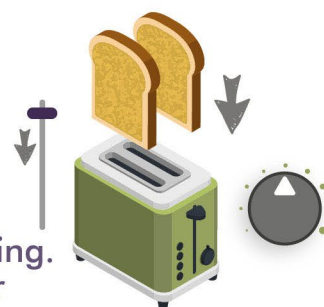
Pour the baked beans into a microwave safe bowl



2 Pop the bowl into the microwave, and turn on for 30 seconds



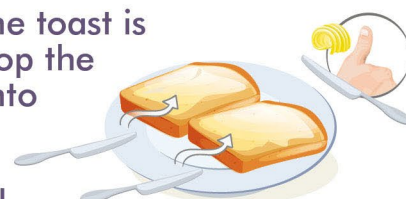
3 Pop the bread into the toaster, and set to a medium setting. Pull the lever on the toaster



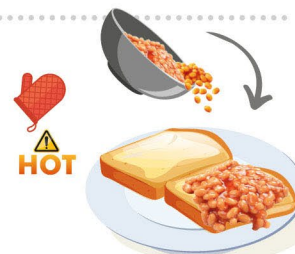
4 When the beans have finished, give them a stir and pop back in for another 30 seconds



5 When the toast is done, pop the slices onto a plate side by side and butter each slice



6 Pour the baked beans onto the toast slices



7 Season with salt & pepper. Enjoy your breakfast

