

Let's Toast To Mum

Treat her to this simple yet yummy breakfast to start Mother's Day!

Egg-In-A-Hole Toast

SERVES

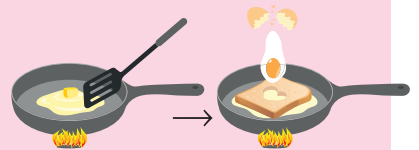
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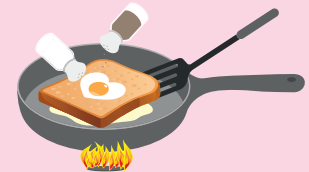
Follow these steps



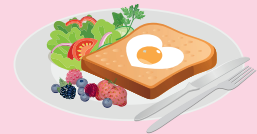
1. Cut the centre out of a slice of wholemeal bread with a cookie cutter.



2. Heat a skillet over medium-low heat and melt the butter or margarine. Then place the bread in the skillet and cook till it is lightly browned. Flip the bread and crack the egg into the hole.



3. Cook for 2 to 3 mins until the egg is set. Sprinkle with salt and pepper to taste.



4. Remove toast from skillet. Serve with salad mix and mum's favourite fruit on the side.

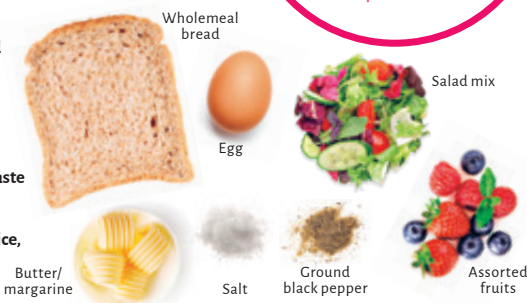


Fun With Shapes

Use different types of **COOKIE CUTTERS** to teach your child about the concept of **shapes and sizes**.

→ WHAT YOU'LL NEED

- 1 slice of wholemeal bread
- 1 tbsp butter or margarine
- 1 egg
- Salt and ground black pepper to taste
- Salad mix
- Fruits of your choice, on the side



My Healthy Plate

Use this to plan a balanced meal without counting calories or reading long ingredient lists.

- ✓ Fill half your plate with **fruit and vegetables**.
- ✓ Fill a quarter of your plate with **wholegrains** (e.g. brown rice, wholemeal bread, rolled oats).
- ✓ Fill a quarter of your plate with **meat and others** (e.g. poultry, seafood, eggs, nuts, beans, tofu, dairy products).

