

Custard Toast

Recipe recommended by Yasmine Fella
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	912kj	11%
Energy (kcal)	217kcal	11%
Fat	5.6g	8%
of which saturates	2g	10%
Carbohydrate	27g	10%
of which sugars	4.6g	5%
Fibre	5.5g	22%
Protein	12g	24%
Salt	0.17g	13%

Generated by Nutritics v5.61 on 14/09/2022

INGREDIENTS: (Serves 2, 217kcal per 149g)

75g of plain natural yogurt (**MILK**)

1 **EGG**

1tsp cinnamon

1tsp nutmeg

A handful of frozen blueberries

4 slices of brown bread (**GLUTEN**)

METHOD:

1. Mix the yogurt and eggs, along with cinnamon and nutmeg in a bowl until one thick consistency.
2. Now take your bread slices and push the centre down all the way up until the crusts to create a dip for the yogurt mixture to sit.
3. Pour the mixture into your bread slices, making sure not to overfill. Once all the mixture is used, place your frozen blueberries on top of the slices.
4. Now place in an oven at 180 degrees for 15 minutes, or until the top has slightly browned (shown in above picture) and there is no wobbly movement and the slices are firm.

ALLERGENS



MILK



EGGS



GLUTEN

MODIFY

This recipe can be made with different flavourings, like vanilla and honey, or using desiccated coconut, or any other berries and fruit.

CREDIT

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Photo by: Yasmine Fella