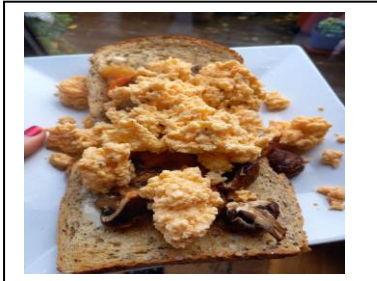


## BREAKFAST

### SCRAMBLED EGGS, MUSHROOMS AND TOMATOES ON TOAST



#### SHOPPING LIST:

- 2 Wholemeal Bread Slices (Or bagels, pittas, and wraps).
- 4-5 Mushrooms
- 4 cherry tomatoes
- 2 eggs
- 50ml milk or non-dairy alternative (not pictured)
- Butter spread for toast.

**COSTINGS:** \*£0.73p per meal

#### NUTRITIONAL INFORMATION:

Calories: 199 |  
Carbohydrates: 18g |  
Protein: 13g | Fat: 7.5g |  
Saturated Fat: 2.4g | Salt: 0.66g | Fibre: 3.2g | Sugar: 3.4g  
A quick and tasty high protein breakfast suitable for all occasions! Tomatoes and mushrooms add vitamins and a serving of your 5-a-day. Eggs and milk add essential calcium, B-vitamins, and zinc.

Preparation time:	Cook time:	Servings:
5 mins	10 mins	2

#### DIRECTIONS:

		
<b>1.</b> Gather your ingredients.	<b>2.</b> Chop your mushrooms and tomatoes	<b>3.</b> Scramble your eggs in a pan on a medium heat or microwave. Simply break eggs into pan, and add milk, allow this to heat up whilst whisking with a fork.
		
<b>4.</b> Fry your mushrooms and tomatoes lightly in a pan (optional)	<b>5.</b> When cooked, your eggs should be light and fluffy due to the whisking.	<b>6.</b> Put your toast in a toaster. When ready, add butter and plate up your breakfast.