

BREAKFAST

EGGY BREAD ROLL UPS



SHOPPING LIST:

- 4 slices of bread
- 10-12 raspberries
- 2 tsp chia seeds
- 1 egg
- 2tsp oil

COSTINGS: *21.3p per portion

NUTRITIONAL INFORMATION:

Calories: 136kcal |
Carbohydrates: 15g | Sugar 1.7g | Fat: 5.4g | Saturated fat: 0.9g | Protein 5.4g | Salt: 0.32g | Fibre: 3.1g

Chia seeds are a great source of omega-3 fatty acids. These are essential for many aspects of good health but are particularly beneficial for brain health.

Preparation time:	Cook time:	Servings:
10 mins	10 mins	4

DIRECTIONS:

		
1. Measure out the ingredients	2. In a small bowl, use a fork to crush the raspberries then mix in the chia seeds. Set aside.	3. Use a rolling pin to flatten the bread as thin as you can.
		
4. Whisk the egg into a bowl. Use a flat one if you can.	5. Split the raspberry mixture out across all four bread slices and spread evenly to each edge. Roll up each slice of bread and dip in the egg	6. Heat the oil in a frying pan and cook each roll up for one minute on each side, starting with the seam side. Stand each end in the oil too to get it evenly cooked. Serve.

*average supermarket pricing as of March 2021