

Recipe Ingredients ...	Quantity:	Description:
Eggs, chicken, whole, raw	57g	1x Average, Size 3
Milk, whole, pasteurised, average	15g	0.5x In tea/coffee
Bread, wholemeal, average	74g	2x Medium slice
Bacon rashers, back, grilled	50g	2x piece, average
Syrup, maple	40g	2x tablespoon

Portions / Pack Sizes ...	Quantity:	Kcal:	Sale Price
1 Serving	236g	505	
	1 SERVING		

Ingredient List (QUID) ...

Wholemeal bread (31.4%) (**Wheat**), **Eggs** (24.2%), Bacon (21.2%), Maple syrup (16.9%), **Milk** (6.4%)

Cooking Instructions & Notes

Grill the rashers

Mix the egg and milk in a bowl and dip the bread in it

Fry the bread in a frying pan on medium heat

Serve with maple syrup