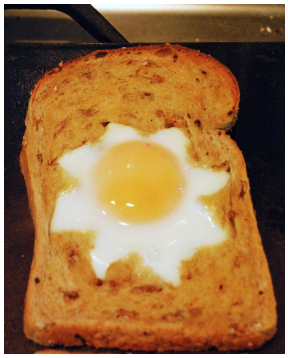
Sunshine Toast

Equipment:

- 1 slice of wholemeal bread,
- spread (butter/margarine),
- a flower cookie cutter,
- 1 medium egg,
- baking tray,
- heat your oven to gas mark 6, 200C, 400F

Method:

1. Lightly grease the baking tray with your chosen spread.
2. Spread one side the bread, pressing the cutter into the middle.
3. Remove the shape you have cut out, place both pieces of bread onto the baking tray.
4. Break the egg into a saucer; carefully slide the egg into the hole in the bread.
5. Bake for seven minutes on the top shelf of your oven, or for longer if you do not like runny yolk.
6. Use a spatula to lift the pieces onto a plate.
7. Enjoy your food.



Links to the Early Years Foundation Stage:

Physical Development: Health and Self-Care

'Willing to try new food textures and tastes.'