EGGY BREAD BREAKFAST

- 25g Eggs
- 35g Keto bread with psyllium **
- 10g Double cream
- 10g Vegetable oil

** You will need to make a batch of the keto bread – see separate recipe.

Beat the egg and cream together with a tiny pinch of salt.
Soak the sliced bread in the egg mixture.
When it has absorbed as much as it can, heat the oil in a small pan and fry the egged bread.
Before turning to cook the other side, scrape any residue egg mixture on top, this will ensure you get the full amount.

Mo’s tip: This makes a good breakfast and also a quick lunch or supper.
When you have made the batch of keto bread, it will keep in the fridge for 3 days, it can also be frozen.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION