EGGY BREAD

- 12g Egg yolk
- 11g Bread - HOVIS BEST OF BOTH
- 5g Sunflower oil

Cut the crusts from the bread and then weigh it.
Soak the bread in the beaten egg, the bread will absorb it all.
Fry in the heated oil.

Mo's tip: This makes good finger food.

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