



# CONTINENTAL BREAKFAST

RECIPE BY: TEAM WELLBE



VEGETARIAN

DIFFICULTY: EASY

TIME: 5 MINS

SERVES: 1

A little sweet and a little savoury with a healthy dose of protein too.

## METHOD

Cook the eggs. Toast your bread to your liking. Spread with the butter and jam. Top with cheese and enjoy with the side of cooked eggs.

## INGREDIENTS

- 2 small or 1 large slice of rye, health or bread of choice, toasted
- 1 tsp butter for spreading
- 1 Tbsp no sugar added jam
- 50 g cheese of choice e.g. cheddar, gouda, cream cheese etc.
- 1-2 eggs, scrambled, boiled, poached or fried (optional)