



SCRAMBLED EGG WITH VEG IN THE BREAD

This is a great way to sneak some veg into your kid's breakfast, and we wouldn't be surprised if this tasty scrambled eggs with a twist will soon be your little one's most requested breakfast!



Preparation time

20-25 mins

Servings

4-5 servings

Equipment

Frying pan

Knife

Chopping board

Cookie cutters - optional

Ingredients

4-5 slices of bread

2-3 eggs

150 ml of milk

Handful of chopped cherry tomatoes

Handful of diced colourful peppers

Tablespoon of peas

Butter (for frying)

Instructions

1. Chop tomatoes and peppers into small bitesize pieces.
2. Whisk eggs and milk until the colour and mixture is even.
3. Add the tomatoes, peppers, and peas into the egg mix.
4. Cut out a circle from the centre of the bread – you can use cookie cutters if you have them for fun shapes.
5. Melt the butter in a frying pan over a medium heat.
6. Place the bread in the frying pan and spoon some of the egg/veg mixture into the hole in middle.
7. Once the egg mixture has started to set. Flip the bread over to cook the other side
8. Serve and enjoy!

Tips

Hang on to the bread shapes you cut out for the next snack time to dip in some hummus/nut butter or toast the shapes and serve with a boiled egg for tomorrow's breakfast.



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