



Recipes for Success



Egg in a Hole

Kids love this fun and easy breakfast. Try sprinkling with cheese to add another food group and make it more delicious.

Equipment Needed

Frying Pan
Spatula
Chopping knife

Ingredients

1 slice whole wheat bread
1 egg
1 teaspoon margarine



Instructions

Heat frying pan on stove on medium heat. Cut out a circle in the centre of the bread. Spread margarine on both sides of bread and place into the frying pan, Crack egg into the hole in the bread. Fry on one side for about 45 seconds and then flip and fry the second side. Remove from pan and enjoy!

Suggested Tasks for Children:

- Cut hole in bread with rim of a small cup
- Spread margarine on bread
- Sprinkle cheese on egg
- Help clean up

