

Mixer's Valentine's toast



February the 14th is Valentine's Day! Ask an adult to help you make this yummy Valentine's toast as a healthy treat for someone in your family - or even for yourself!



Remember to wash your hands first...

You will need: (serves 1)

- ♥ 1 slice of wholemeal bread
- ♥ 1 small egg
- ♥ a drop of olive oil
- ♥ a heart-shaped cookie cutter
- ♥ a toaster
- ♥ a frying pan with a lid
- ♥ a spatula

1



First ask an adult to help you lightly toast the bread in a toaster.

2



Next, place your cookie cutter in the middle of the toast and press down to cut out a heart shape. Take the heart-shaped piece of toast out and put it to one side.

3



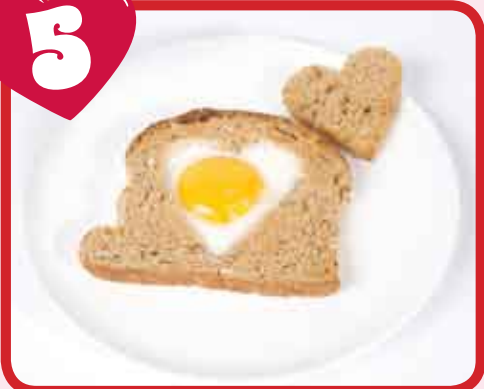
Now ask an adult to help you heat a drop of olive oil in a frying pan.

4



When the oil is hot, ask an adult to help you put the toast in the pan. Then ask the adult to crack the egg into the heart-shaped hole in the toast. Put the lid on the pan and heat it on a low heat for about 10 minutes, checking it every now and then.

5



When the egg is ready, ask an adult to use the spatula to take it out of the pan and put it on a plate. You can now add the heart-shaped piece of toast too if you like.

Did you know? Eggs have a nutrient called 'protein' in them, which helps us grow.

Look out for more tasty treats on our website www.greatgrubclub.com