

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Fried Egg on Toast

Ingredients

1 egg

1 tsp of olive oil or butter

Pepper and Salt

1-2 slices of almond poppy seed bread (Refer to Almond and Poppyseed Bread recipe)

Method

1. Heat frying pan to a medium heat and add olive oil.
2. Crack egg into fry pan and cook to your liking.
3. Meanwhile toast 1 – 2 slices of almond and poppy seed bread.
4. Place egg onto toast.
5. Season to taste.

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves 1



For more recipes and information on living the low carbohydrate lifestyle find us at:

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