Name:.....

Date:.....

Healthy Cooked Breakfast

Ingredients:

1 low fat sausage
1 rasher of back bacon
1 mushroom
1 tomato
1 egg
1 piece of wholemeal bread
1 cal spray oil
Fresh fruit juice

Method:

- Add 2 sprays of oil to the frying pan.
- Peel the mushroom, cut tomato in half and cut out core.
- Heat oil and add the sausage, when nearly cooked add the tomato, bacon and mushroom. Keep turning with tongs.
- When cooked, place on a plate, and keep warm in the oven.
- Break egg into a small bowl and carefully pour into a pan of simmering water, once cooked, add to warm plate.
- Place bread in toaster and toast.
- Pour juice into glass.
- Serve and enjoy your breakfast!

Equipment: