
Egg & Bacon Toasted Sandwich



Egg & Bacon Toasted Sandwich

- 2 SLICES WHOLEMEAL BREAD
- 1 EGG
- 1 RASHER BACON
- SMALL HANDFUL OF SPINACH
- 1 TEASPOON MINCED GARLIC
- 2 TABLESPOONS COCONUT OR OLIVE OIL
- 1 TEASPOON SUGAR-FREE TOMATO SAUCE
- 1 GLASS WATER WITH A SQUEEZE OF LEMON

SUGAR-FREE TOMATO SAUCE

- 400G TINNED DICED TOMATOES
- 3 TABLESPOONS APPLE CIDER VINEGAR
- 1 TEASPOON MINCED GARLIC
- 1/4 TEASPOON DIJON MUSTARD
- 1/4 TEASPOON ONION POWDER
- PINCH OF GROUND ALL SPICE
- PINCH OF GROUND CINNAMON
- IODISED SEA SALT & GROUND BLACK PEPPER TO TASTE
- STORE IN THE FRIDGE

- PLACE BREAD IN TOASTER. DO NOT TOAST YET.

- IN A MEDIUM FRY PAN ADD 1 TABLESPOON OIL. ADD SPINACH AND GARLIC. ONCE SPINACH BEGINS TO WILT ADD A TOUCH OF WATER. ONCE COMPLETELY WILTED REMOVE FROM PAN. PLACE ON A SIDE PLATE AND COVER WITH FOIL.

- ADD A TEASPOON OF OIL. ADD BACON AND COOK, TURNING OCCASIONALLY, UNTIL BROWN ON EACH SIDE. REMOVE FROM PAN AND PLACE WITH SPINACH.

- PRESS BUTTON ON TOASTER. YOU CAN ALSO PLACE BREAD UNDER A GRILL TO TOAST.

- WHILST THE TOAST IS COOKING ADD THE REMAINING OIL TO THE PAN. CRACK THE EGG INTO THE PAN. COOK TO DESIRED CONSISTENCY, EITHER RUNNY YOLK OR FLIP TO COOK ALL THE WAY THROUGH.

- SPREAD TOMATO SAUCE OVER TOAST AND LAYER EGG, BACON AND SPINACH.

NOTES:

- YOUNG CHILDREN SHOULD ONLY EAT EGG THAT HAS BEEN COMPLETELY COOKED.
- BACON CAN BE OPTIONAL FOR VEGETARIANS OR DUE TO RELIGIOUS REASONS.

NUTRITION INFORMATION

MACRONUTRIENTS

1. CARBOHYDRATES - WHOLEMEAL BREAD

- COMPLEX CARBOHYDRATE. WHOLEMEAL IS PREFERABLE OVER WHOLEGRAIN OR WHITE BREAD AS THE WHEAT IS UNHULLED AND IS NOT REFINED THEREFOR IT IS CLOSER TO ITS NATURAL STATE.
- GRAINS THAT ARE CLOSER TO THEIR NATURAL STATE CONTAIN A HIGHER AMOUNT OF DIETARY FIBRE AND OTHER NUTRIENTS.
- COMMERCIAL BAKED BREAD MUST BE FORTIFIED WITH FOLIC ACID AND IODINE.

2. PROTEIN - EGG & BACON

- EGGS ARE AN EXCELLENT SOURCE OF PROTEIN. GIVEN THEIR VERSATILITY IN THE KITCHEN THEY ARE EASILY CONSUMED IN NUMEROUS WAYS.
- WHILST BACON IS A SOURCE OF PROTEIN IT SHOULD BE CONSUMED IN MINIMAL TO MODERATE AMOUNTS.

3. HEALTHY FAT - COCONUT AND OLIVE OIL

- BOTH OF THESE OILS ARE A HIGH QUALITY SOURCE OF HEALTHY FATS

ADDITIONAL NUTRIENTS

- VITAMIN C - SPINACH, GARLIC, TOMATO SAUCE AND LEMON
- IRON - SPINACH, BACON AND EGG

*VITAMIN C INCREASES YOUR ABSORPTION OF HEME AND NON-HEME IRON. THEY ARE BEST CONSUMED TOGETHER.

FURTHER NOTES

- CONSUMING WATER WITH MEALS PROMOTES DIGESTION
- APPLE CIDER VINEGAR AND CINNAMON ASSIST WITH BLOOD GLUCOSE CONTROL