

Pizza Toast

- WHOLEMEAL BREAD
- FRESH OR DICED TOMATOES OR TOMATO PASTE
- SLICED HAM
- GRATED CHEESE

- HEAT GRILL TO HIGH.
- PLACE TOMATOES AND HAM ON WHOLEMEAL BREAD.
- TOP WITH GRATED CHEESE.
- PLACE UNDER THE GRILL UNTIL CHEESE IS MELTED.

NUTRITION INFORMATION

- 1.COMPLEX CARBOHYDRATE = WHOLEMEAL BREAD
2. PROTEIN = HAM
- 3.HEALTHY FAT = CHEESE
- 4.MICRONUTRIENTS = TOMATO

