

# egg & baked bean bread cups

These tasty bread cups are a great meat-free snack option.

## ingredients

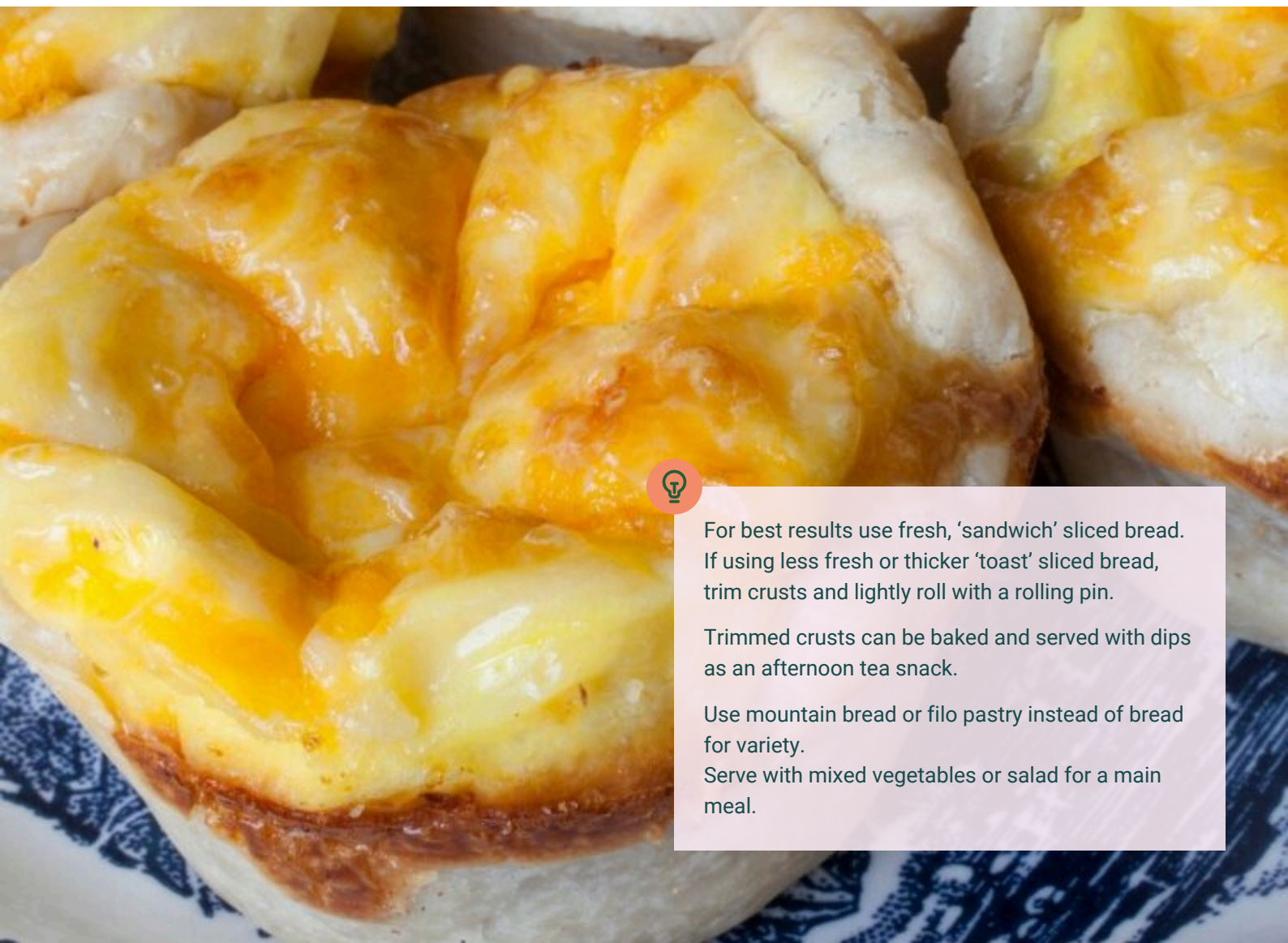
### Serves 6

- 6 slices wholemeal bread
- Margarine, as required
- 3 eggs
- 1 x 220g can reduced salt baked beans
- 3 tablespoons grated cheese

## method

1. Preheat oven to 200°C.
2. Spread bread thinly with margarine and press slices into a muffin tin, spread-side down.
3. In a large bowl, lightly whisk eggs, then stir in baked beans and cheese. Spoon egg mixture into the bread cups. Bake for 20 minutes until egg has set.

Recipe adapted with permission from Cooking for kids with food allergy, Department of Nutrition and Food Service, Royal Children's Hospital, Melbourne.



For best results use fresh, 'sandwich' sliced bread. If using less fresh or thicker 'toast' sliced bread, trim crusts and lightly roll with a rolling pin.

Trimmed crusts can be baked and served with dips as an afternoon tea snack.

Use mountain bread or filo pastry instead of bread for variety.

Serve with mixed vegetables or salad for a main meal.