

## **French Toast (Serves 1)**

### **Ingredients**

1 egg white

2 teaspoons skimmed milk

Pinch of salt

2 tablespoons MCT Oil

2 small slices of wholemeal bread

1-2 tomatoes

### **Method**

1. Beat the egg white, milk and salt together.
2. Dip the bread into the mix and fry lightly in the oil on both sides until golden brown.
3. Serve with grilled tomatoes.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics