

Melba Toast

Ingredients

Low Protein Bread Slices

Method

1. Toast one side of the bread.
2. With a sharp knife, remove the crust-carefully cut the toast through the middle.
3. Put the soft side of the toast under the grill and gently heat till brown, crispy and curly.

Or

1. Put slices of bread with the crust removed and sliced through the middle until you have two slices.
2. Transfer onto a baking tray.
3. Bake until the bread is light in colour, crisp and curly.