

Fried Apple on Toast

Ingredients

Allow one slice, peeled, cored apple per slice of low protein bread

A little butter/margarine for frying

Spice (optional)



Method

1. Fry the apple on both sides in a little butter until softened.
2. Toast the bread on both sides.
3. Place a slice of apple per slice of bread.
4. Sprinkle with brown sugar and spice.
5. Brown under the grill until the sugar has melted.