

BREAKFAST RECIPES



Mousetraps

Ingredients:

- 1 small loaf of bread, cut into 8 thick slices, toasted
- 100g sliced leg ham
- 3 eggs, separated
- 1 ½ cups grated tasty cheese

Method:

1. Preheat a grill on medium-high heat. Place toast on a baking tray and top with ham
2. Beat egg yolks in a bowl until well combined. Stir in cheese and season with salt and pepper
3. Beat eggwhites with a mixer in a clean, dry bowl until soft peaks form
4. Stir half the egg whites into cheese mixture
5. Using a large metal spoon, gently fold in the remaining eggwhite mixture
6. Spoon over ham and place mousetraps under hot grill
7. Cook for 3 to 4 minutes or until egg mixture is golden and cooked through. Serve

