

Egg in the Hole

- 1 teaspoon olive oil or 1 pat butter
- 1 slice of sprouted wheat or other 100% whole grain bread
- 1 egg
- salt and pepper

Make a hole in the middle of the bread. Heat the oil in a frying pan and spread around with both sides of the bread. Break the egg in the hole and fry for a few minutes until it is set. The trick to it being crispy and tasty is to sprinkle the egg with a little salt and pepper and cook it slowly. Turn it over and fry until it is browned and somewhat crispy.