



Breakfast Recipe:

Baked tomatoes on toast

Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!



Energised

Tomatoes on toast is a good breakfast full of important vitamins which can help you feel energised for the day.



Ingredients:

2 tomatoes, halved, 1 tsp dried mixed herbs, ½ teaspoon vegetable oil, 2 slices wholemeal bread, freshly ground black pepper

Method:

1. Preheat the oven to Gas Mark 5/190 degrees/fan to 170 degrees.
2. Arrange the tomatoes, cut sides up, on a baking sheet. Brush the top with a little oil. Sprinkle with dried herbs and season with black pepper. Roast for 15 minutes.
3. Meanwhile toast the slices of bread.
4. Place the toast on warmed plates and share the tomatoes between them. Sprinkle with a little extra black pepper, then serve.

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO
FEEL 100%?