

Baked Beans & Tomato on toast

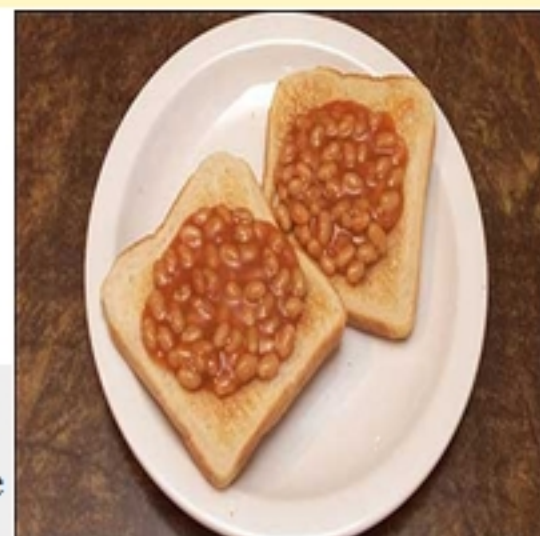


Preparation & Cooking Times

Prep Time : 5 mins.

Cooking Time : 5 mins.

Serves : 2



Recipe Summary:

2 slices of toasted bread topped with baked beans, diced fresh tomato and a squirt of BBQ sauce

Ingredients List :

160 g. Wonder White Hi Fibre Plus	(Four slices toasted)
420 g. Baked Beans in Tomato Sauce	(One 420 gram can)
10 g. BBQ sauce	(One small squirt)
100 g. TOMATOES RED RIPE RAW YEAR RND AVERAGE	(One medium tomato diced)

Preparation :

- Pour Baked Beans and diced tomato into a microwave bowl, mix, and heat on high for 2 minutes.
- Place toast (unbuttered) on plate and serve heated mix on top.
- Squirt a small portion of BBQ sauce on top or season with pepper to taste

Nutritional Panel Summary : (per serve)

