

A great start to the day



Ranch Eggs.

recipes and styling by GEMINI FOOD PROMOTIONS
photo by KIM THUNDER

Nutritionists agree breakfast is the most important meal of the day, so make sure you and your family get a good start

Ranch Eggs

Ingredients

oil for frying

1 onion, peeled and chopped

1 tablespoon (15ml) curry powder

1 x 410g tin baked beans

1 x 410g tin tomato and onion mix

6 eggs

Method

1. In a pan, heat oil. Fry onion, add curry powder. Mix well.
2. Add baked beans, tomato and onion mix. Heat through. Spoon into 6 ovenproof dishes.
3. Crack eggs over tomato mix.

Bake in a pre-heated 180°C oven for 5-10 minutes, until eggs are done to your liking. Serve with toast.

Serves 6

Cost: R14,89

Breakfast Crumpets

Ingredients

2 cups (500ml) flour

4 teaspoons (20ml) baking powder

1/2 teaspoon (2,5ml) salt

4 teaspoons (20ml) sugar

2 eggs

1 1/2 cups (375ml) milk

2 tablespoons (30ml) margarine, melted