



Happy Cooking, Healthy Living



Follow the link for more helpful information:

 <https://www.nhsggc.scot/your-health/public-health-nutrition/>

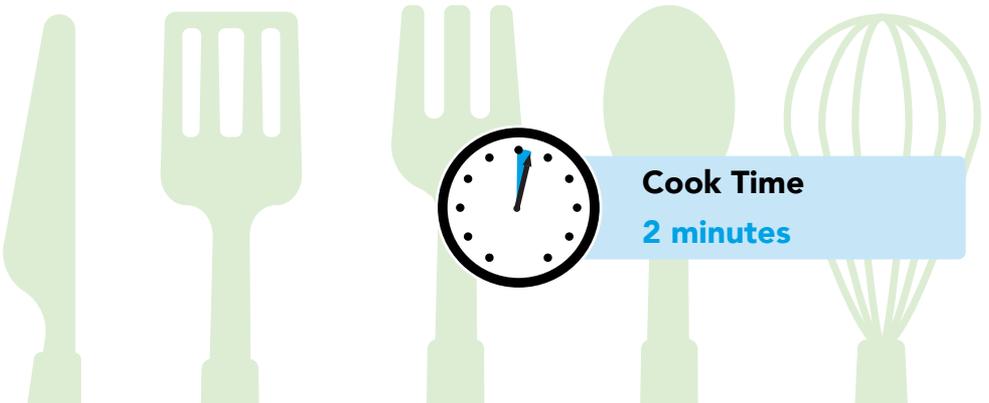
Beans on Toast

Ingredients (Serves 1)

- **200g** (1/2 400g tin or 1 small tin) of baked beans
- **1** slice of wholemeal bread, toasted

Equipment Needed

- Tin opener
- Microwaveable container or bowl



Method

1. Add beans to a microwaveable container.
2. Microwave on HIGH (800W) for 2 minutes.
3. Serve with toast.



Allergy Information:

Recipe contains gluten