

Strawberry Custard Toast



Preparation time: 10 mins

Cooking time: 7 mins

Serving: 2

Ingredients:

2 medium slices of soft wholemeal bread

1 large egg

50g 0% fat Greek yogurt

4 tsp Strawberry Nesquik Milkshake Powder

To top:

50g sliced strawberries or raspberries

Method:

1. Preheat the air fryer or oven to 180c / 160c Fan / Gas Mark 4
2. Add the egg, yoghurt and Nesquik to a bowl and whisk until everything is combined.
3. Use the back of a spoon to press down the soft part of the bread to form a well. Carefully spoon in the custard and top with the slices of fresh fruit.
4. Cook in the air fryer for 4-5 minutes. The custard should be set and starting to caramelise on the edges when ready.
5. Alternatively, place on a lined baking tray and bake for 8-12 minutes.

Each slice typically contains:

Energy	Fat	Saturates	Sugars	Salt
791 kJ 187 kcal	3.2 g	0.8 g	15.0 g	0.43 g
9%	5%	4%	17%	7%

of an adults Reference Intake (RI)*

Energy per 100g: 624 kJ / 148 kcal