Jamie Oliver's Eggy Bread Super Food

1 thick slice whole wheat bread per person

125 mL fruit

1 banana

1 egg

Pinch cinnamon

Pinch nutmeg

25 mL nuts of choice

80 mL yogurt

1. Chop nuts, roast in pan for 2-3 minutes.
2. Cut pocket in bread. Stuff with berries.
3. Blend together banana and eggs. Add spices.
4. Pour egg mixture into a pie plate.
5. Allow bread to soak up egg mixture.
6. Cook on medium heat until cooked and golden.
7. Serve with a dollop of yogurt and chopped nuts.

YouTube Jamie's Superfoods Episode 1 Season 1

To think about: What is your definition of super foods?

 Jamie Oliver's?

 The "WWW"?