



BREAD CASE SAVORIES



Snack



15 min

Ingredients

slices of buttered bread
tinned spaghetti or baked beans
or creamed sweetcorn

Or the ingredients for an omlette:

- a beaten egg
- finely chopped bacon/ham or meat substitute
- finely chopped onion

- finely chopped red capsicum/mushroom/or other vegetables
mixed together in a separate bowl.

Or left overs like,

- cooked mince
- cooked stew etc



Method

Pre-heat your oven to 180 degrees Celsius.

Use a large glass/mug or cookie cutter to cut circles out of the buttered bread – circles large enough to line the hollows of a metal or silicon muffin tray, butter side down

Spoon filling into each breadcase, sprinkle on a little salt and pepper and some grated cheese.

Place the muffin tray full of breadcase savories into the oven and cook for 10 – 15 minutes or until the bread is crispy and golden (but not too brown)

Remove the savouries from the muffin tray and serve with your favourite sauce.

These are super easy snacks that my mum used to make for me and my sister when we were kids. I made them for my tamariki and they'll no doubt make them for their kids, too! They're great straight from the oven, or in a lunchbox and they make a good study snack, too.

Eat well, sleep well, study well or work well, and know you are loved.

Arohanui
Suzy