



SAVORY ROLL UPS



Snack



15 min

Ingredients (similar to Breadcase Savouries)

slices of buttered bread (use butter or margarine)
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.

Place slices of bread, buttered side down, on a board.

Place spoonfuls of leftovers/spaghetti/baked beans/creamed sweetcorn, sprinkle on a little salt and pepper and some grated cheese; or place spoonfuls of the omelette across the bread, in a diagonal - from one corner to the opposite corner.

Roll the other two corners (ones without filling spread into them) in towards the filling, overlapping one corner with the other. Hold the bread in place by skewering the two corners with a toothpick.

Place the roll ups on a baking tray for 10 – 15 minutes or until the bread is crispy and golden (but not too brown)

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

Again, these are super easy snacks that my mum used to make for me and my sister when we were kids. My tamariki still love them 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 as well.

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

Arohanui,
Suzy