

## Ingredients (serves 10-12)

- 20 slices multigrain bread
- 5 eggs
- 5 teaspoons orange juice
- 5 tablespoons reduced fat ricotta cheese
- 5 bananas or other fruit
- 5 tablespoons sultanas
- Pinch of cinnamon
- Olive oil spray

## Equipment

- Mixing bowl (1 medium)
- Wooden spoon
- Whisk or fork
- Small knife
- Ladle
- Measuring spoons
- Jaffle maker / sandwich press

## Tip:

This recipe can be made with gluten free bread for those children who are gluten or wheat intolerant.

The older children can help make their own toastie. Make sure children wash their hands and let them spoon the mixture onto the bread.

## Method

1. Beat eggs and combine with juice and ricotta cheese
2. Slice banana and fold into egg mixture with sultanas and cinnamon
3. Place 4 slices of bread in a heated sandwich maker sprayed lightly with olive oil
4. Place some of the mixture over bread slices and top with remaining bread slices
5. Toast until sandwich is heated through and egg is set (about 3 – 4 minutes)
6. Repeat with remaining sandwiches