

Cheesy Beans on Toast

Serves 10

Ingredients	
3 x 450g can reduced sugar/salt baked beans	200g grated cheddar cheese
10 slices toast	

- METHOD:
- Heat the beans in a saucepan
- Spoon two tablespoons of baked beans over 1 slice of toast
- Sprinkle 20g grated cheese over the baked beans
- Serve immediately



- ✓ FOR WHEAT FREE DIETS SERVE WHEAT FREE TOAST
- ✓ FOR DAIRY FREE DIETS USE DAIRY FREE CHEESE
- ✓ FOR VEGETARIAN DIETS USE VEGETARIAN CHEESE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
194	14.6	5.8	33	3	1.3	2.3	133