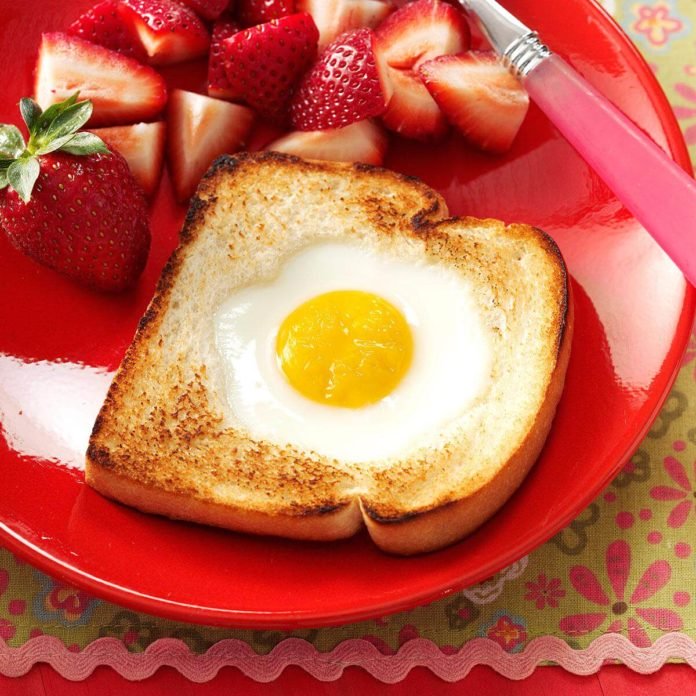
**Toad in a Hole**

Prep time: 15 minutes 

Servings: 1

Serving size: 1

**Ingredients:**

* 1 slice bread
* 1 teaspoon butter
* 1 large egg
* Salt and Pepper
* Hot sauce, *optional*

**Directions:**

1. Butter both sides of bread.
2. Cut a 3-inch hole in the middle of the bread. Put the small piece aside.
3. Turn on the stove and heat a pan or skillet over medium heat. Spray or oil pan lightly to prevent sticking.
4. Place buttered and cut toast on a pan or skillet. Crack egg directly over the toast so that the egg falls into the hole.
5. Cook for about 2-3 minutes, or until toast is browned. Turn and cook on the other side until egg yolk is almost set.
6. Season with salt and pepper.
7. Serve with a side of fruit.

Enjoy Toad in a Hole as a quick and easy breakfast, after a workout, or as a snack. Who doesn't love breakfast at all times of the day? Eggs are a great source of protein, an important macronutrient that keeps you feeling full and provides you with substantial energy throughout the day. Protein from eggs is important because it helps with muscle, tissue and cell repair that aid in overall health and recovery. Eggs also have a good source of healthy fats, called omega-3s that help with heart, brain and eye health. Cook the egg for shorter amounts of time if you like a runny yolk that you can dip your bread into, or cook it longer to keep it less messy.

Recipe adapted from:<https://www.tasteofhome.com/recipes/toad-in-the-hole/>