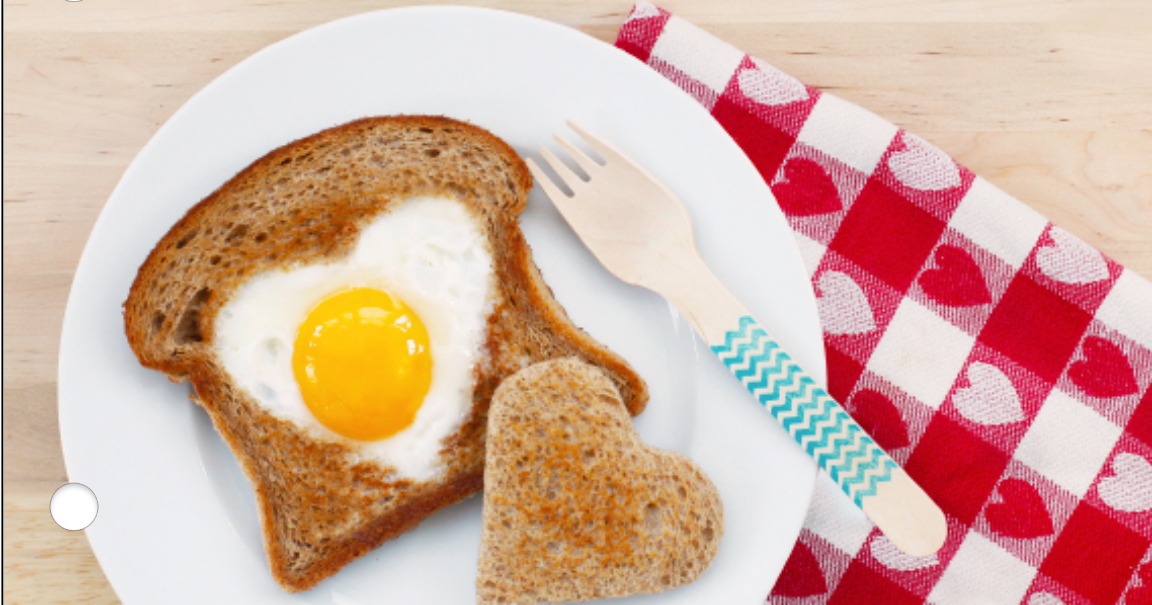


kidstir

# Egg in a Heart

A breakfast made with love



Hole punch to fit in your cookbook!

**hands-on time:** 10 minutes

**start-to-eat time:** 10 minutes

**tools:**

- frying pan
- spatula
- heart-shaped cookie cutter

**kids kitchen skills:**

- using a cookie cutter
- cooking at the stove
- using a spatula

**ingredients**

- 1 piece of bread
- 1 egg
- 1 teaspoon butter
- salt and pepper

**Makes 4 Servings**

**Surprise your family with a fun weekend breakfast: an egg in a hole. This twist on the classic is made with a heart-shaped cookie cutter. Enjoying this protein-packed breakfast together is a sweet way to start your day!**

**step-by-step instructions**

1. Place the bread on a cutting board. Cut out a heart shape using a cookie cutter.
2. Melt the butter in a frying pan over medium heat.
3. Place the bread and the heart shape piece of bread into the frying pan and toast lightly for a few minutes.
4. Flip the bread, then carefully crack the egg into the center. Flip

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the heart shape piece of bread, too, so it toasts on the other side.

5. Cover the pan and cook the egg for a few minutes, or until it's cooked to your liking. Transfer to a plate and serve with salt and pepper.

notes:

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