

Beans on Toast

All too often people think that eating healthily takes a lot of time and preparation. Quick and easy to prepare, baked beans are slow-releasing energy, allowing you to perform at your best for longer.

Nutritional Info (per serving): 410 calories, carbs 70g, fat 5g, protein 17g



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Ingredients (serves 1)

½ can (210g) of
reduced-salt and sugar
baked beans
2 slices of wholemeal
bread
Lower-fat spread

Method

Cook the beans until they are piping hot.
Meanwhile, toast the bread.
Spread each slice of bread with lower-fat spread
Pile the beans on to the toast and serve.
Enjoy!



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