DietCloud – Recipe

Recipe Name: French Toast BLT Bagel Sandwich Recipe

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 Bagel - cut into half	4
• 1 Whole Egg	
• 4 tablespoons Milk	
• Salt - to taste	
• 3 Bacon strips	
• 1 Tomato - sliced	
• 2 Arugula leaves - chopped	
• 2 tablespoons Cheese	
• 1 teaspoon Extra Virgin Olive Oil - for drizzling	
• 1 teaspoon Dried oregano	
• Salt and Pepper - for seasoning	

Preparation

• To begin making the French Toast BLT Bagel Sandwich Recipe, pre heat the oven to 180 degree Celsius for about 10 minutes.

• Keep the bacon strips over a baking tray and place it in the oven.

• Bake till the bacon crisp up this will take about 15 minutes.

• Meanwhile, add egg, milk and pinch of salt in a bowl and whip it up till it combines.

• Cut the bread into half.

• Heat a sauce pan with little oil, once hot, dunk the bread in the egg mixture on either side till the bread soaks in all the mixture.

• Slowly add it on to the hot pan.

• Toast the bread till it is light brown on either side by flipping it over.

• Do the same thing for the other slice as well.

• Sprinkle cheese on top and bake the bread also in the oven till the cheese melts.

• Take the bread and bacon out.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)