



EASY GARLIC BREAD



INGREDIENTS

4 slices wholemeal bread

2 garlic cloves – halved

1 teaspoon mixed herbs

25g reduced fat cheddar **cheese** – grated

EQUIPMENT

chopping board, knife,

baking tray, teaspoon, grater

SERVES: 4

PREP TIME: 10 minutes

COOK TIME: 10 minutes

ALLERGENS: cereals containing gluten,
milk

METHOD

- 1** Preheat the grill (medium heat).
- 2** Place the sliced bread on the baking tray and lightly toast both sides under the grill. Alternatively, lightly toast the bread in the toaster.
- 3** Once toasted, rub one side of the bread with the garlic and then sprinkle over some mixed herbs and cheese.
- 4** Return the bread to the baking tray and place back under the grill for a few minutes until the cheese has melted. Alternatively, bake in a preheated oven (190oC/Gas 5) for 5-6 minutes.
- 5** Serve the garlic bread with the '5 a day' Soup.