



Carrot Cheese Toast

Ingredients

- 1/2 carrot, spiralized with SpiralEZ
- 1 sliced bread
- 1 sliced cheese
- butter
- black pepper

Step

1. Spread butter on the bread.
2. Add the carrot spirals on the bread.
3. Place the sliced cheese and black pepper on the top.
4. Bake in the toaster oven for 3 minutes or until golden brown. Ready to serve.



紅蘿蔔芝士吐司

材料

- 紅蘿蔔 --- 1/2 個；刨成幼絲
- 方包 --- 1 片
- 芝士片 --- 1 片
- 牛油 --- 適量
- 黑椒 --- 適量

做法:

1. 方包塗上牛油。
2. 鋪上紅蘿蔔絲及適量黑椒。
3. 放上片裝芝士。
4. 入多士焗爐焗 3 分鐘或直至芝士呈金黃色即成。