

A Brunch Dish with Soy

Ingredients:

20 Slices of bread with the sides trimmed off.
1 packed + - (225 gr) of shredded cheddar cheese (Soy or dairy cheese)
455 gr cooked bacon, ostrich bacon, ham slices, chicken bacon or soy ham slices.
4 eggs
3 cups of soy milk (Al – Fi)
1 table spoon of Worcester sauce
Salt to taste
½ teaspoon of mustard of your choice
2 cups of corn flakes or soy cereal flakes
½ brick melted butter

Method:

Place 10 slices of bread in the bottom of a lightly greased pan.
Layer the bacon, ostrich bacon, ham slices, chicken bacon or soy ham slices over the bread and cover with the remaining 10 slices of bread.
In a mixing bowl add the eggs, soy milk, dry mustard and Worcester sauce. Beat with a electric beater till mixed.
Pour the liquid over the bread casserole.
Refrigerate overnight.
Before baking, combine corn flakes and the melted butter in a bowl and stir until flakes are covered with the butter.
Spread the cornflakes over the top of the bread.
Bake at + - 180 C for 1 hour
After baking let it rest for 10 minutes and then serve.

±12 servings

Nutritional information per serving:

290 Cal.
13 gr fat (5.6 gr sat. fat)
8.2 mg cholesterol
777 mg sodium
28 gr carbs.
12 gr protein (2 gr of soy protein)
1.5 gr dietary fiber

Recipe submitted by Alfie Shelver