



Egg, bacon, sausage pitta sandwiches

Egg, bacon and sausage pittas are great for breakfast or brunch. Enjoy them at the weekend when you have more time to yourself.

Quantities will depend upon how many you are feeding

Ingredients

- Eggs, bacon, sausage choose any mixture of these proteins
- Brown pittas



Method

1. Either toast or leave the pittas untoasted. Split them to form pockets and stuff them with the egg, bacon and sausages.
2. Add in mustard, guacamole, hummus, tabasco or worcestershire sauce. Steer clear of the sugary sauces such as tomato ketchup and brown sauce.
3. Enjoy!

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