

Valentine's Day Breakfast

Make Valentine's Day breakfast special with this 'hearty' egg and toast recipe. This Valentine's Day breakfast gets a special twist with a heart-shaped egg. Your child can play sous-chef for this Valentine's Day breakfast by using a cookie cutter to create a heart-shaped hole in the bread before it's toasted. The ending result is a heartfilled Valentine's Day breakfast that will delight kids and parents alike!

What You Need:

- One slice of sandwich bread
- One large egg
- 1 3-inch heart shaped cookie cutter
- ½ tablespoon butter

What You Do:

1. Melt the butter over medium heat in a non-stick skillet.
2. Take the heart shaped cookie cutter and cut a heart out of the center of the piece of bread (reserve the bread cutout for later). Use whole wheat bread to make it a heart healthy start to the day!
3. Place the bread in the skillet and toast on one side for about 2-3 minutes.
4. Flip the bread and add an egg into its center. Allow the egg to cook and the bread to brown.
5. While the egg is cooking, you can lightly toast the heart cut-out.
6. Carefully slide the egg and toast onto a plate and garnish with the heart cut-out.

Enjoy breakfast together - it's good for the heart!

