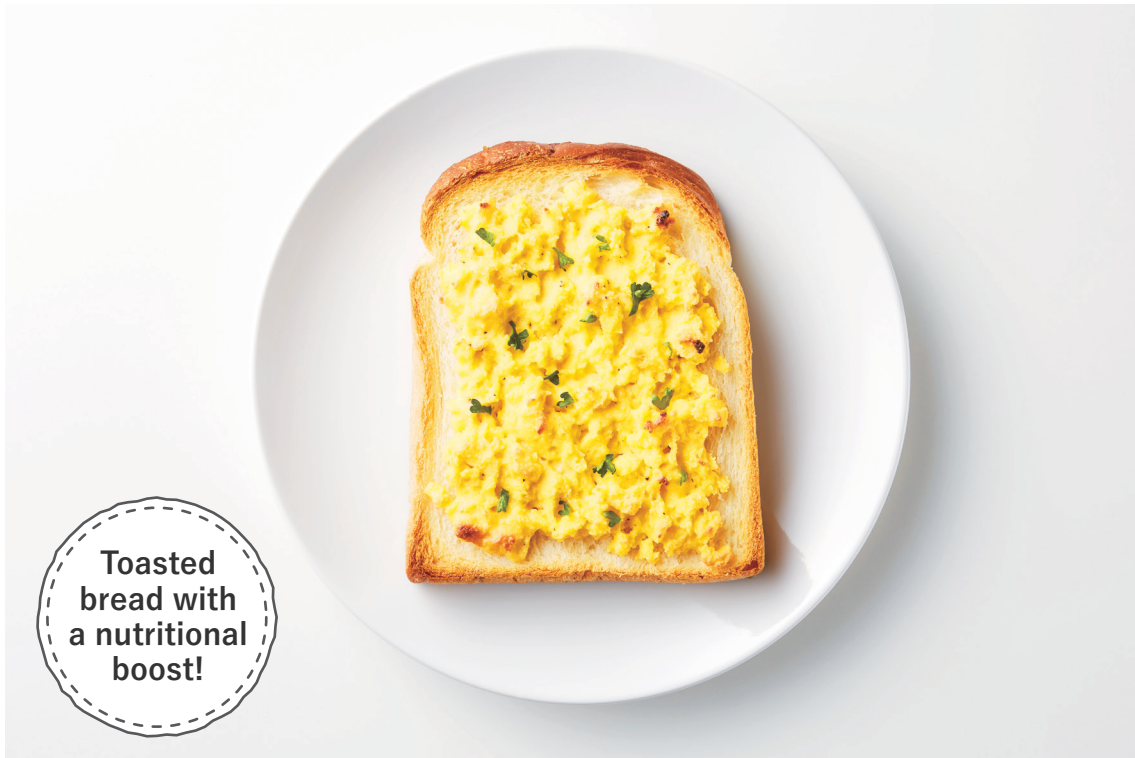


Egg & Milk Toast



| | | |
|---------------------------|---|---------------------|
| Hot water | : | 1tbsp. |
| Egg | : | 1 |
| Mayonnaise | : | 1tbsp. |
| Salt and pepper | : | To taste |
| Bread | : | 1slice |
| Platinum Milk for Balance | : | 3tbsp.(or 2 sticks) |
| Parsley | : | To taste |

1. Mix Platinum Milk for Balance and hot water to stir well in a microwave-safe bowl.
2. Add the egg, mayonnaise and salt and pepper, and mix again.
3. Microwave the mixture 50-60 seconds without any cover.
4. Mix well until smooth.
5. Spread the mixture on bread, and heat in a toaster oven for about 3 minutes.

*sprinkle parsley if you like