

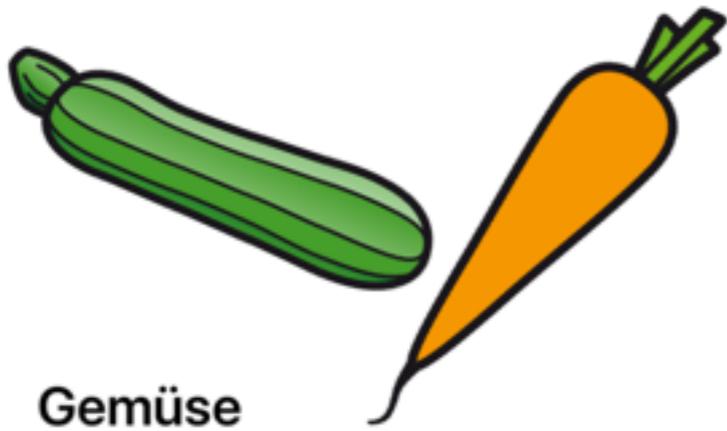


Gemüse-Toast

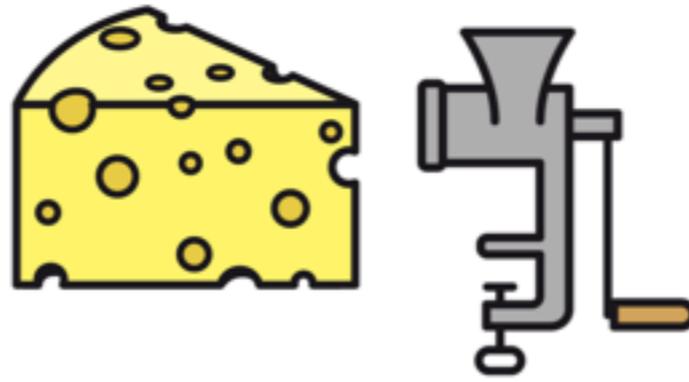


1





Gemüse



Käse geraffelt



2 Eier (100g Vollei)

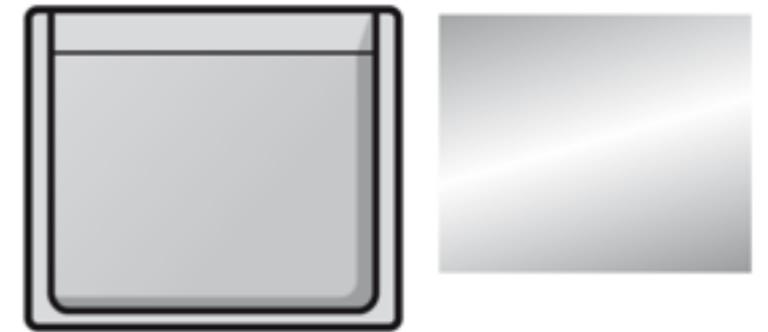


Salz

Pfeffer



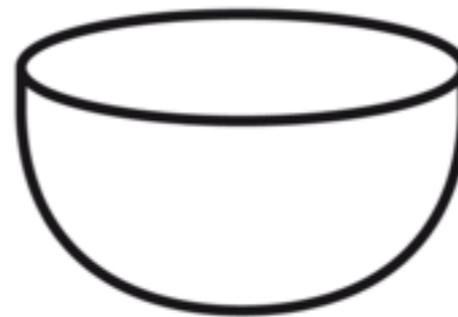
Toastbrot



Backblech und Backtrennpapier



Zylissraffel grob



Schüssel

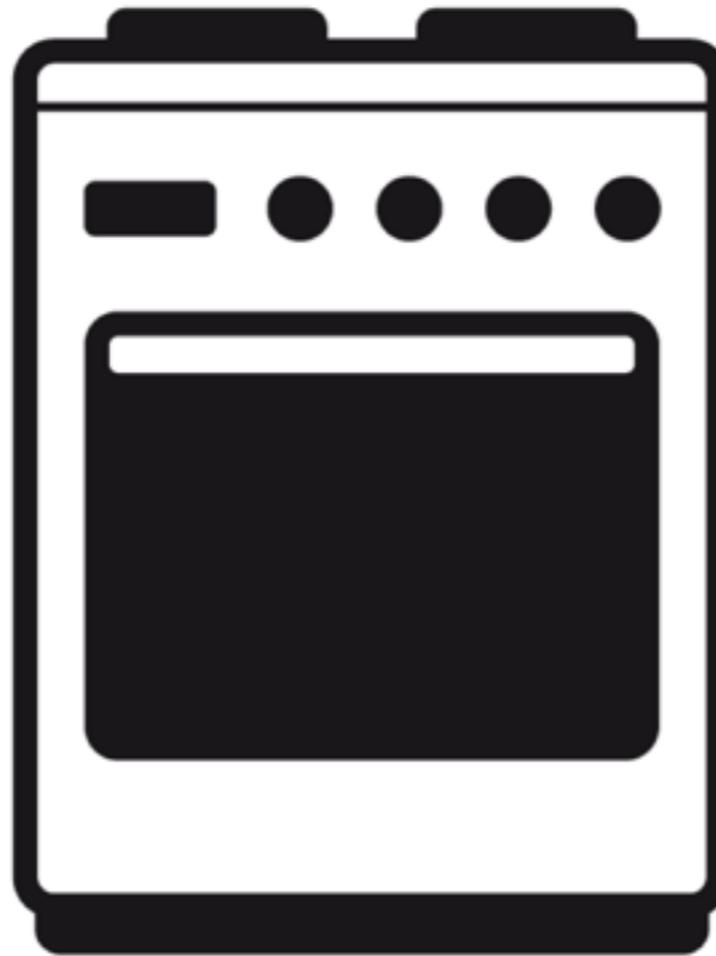


Löffel



Messer





Backofen Umluft 220 Grad aufheizen



3



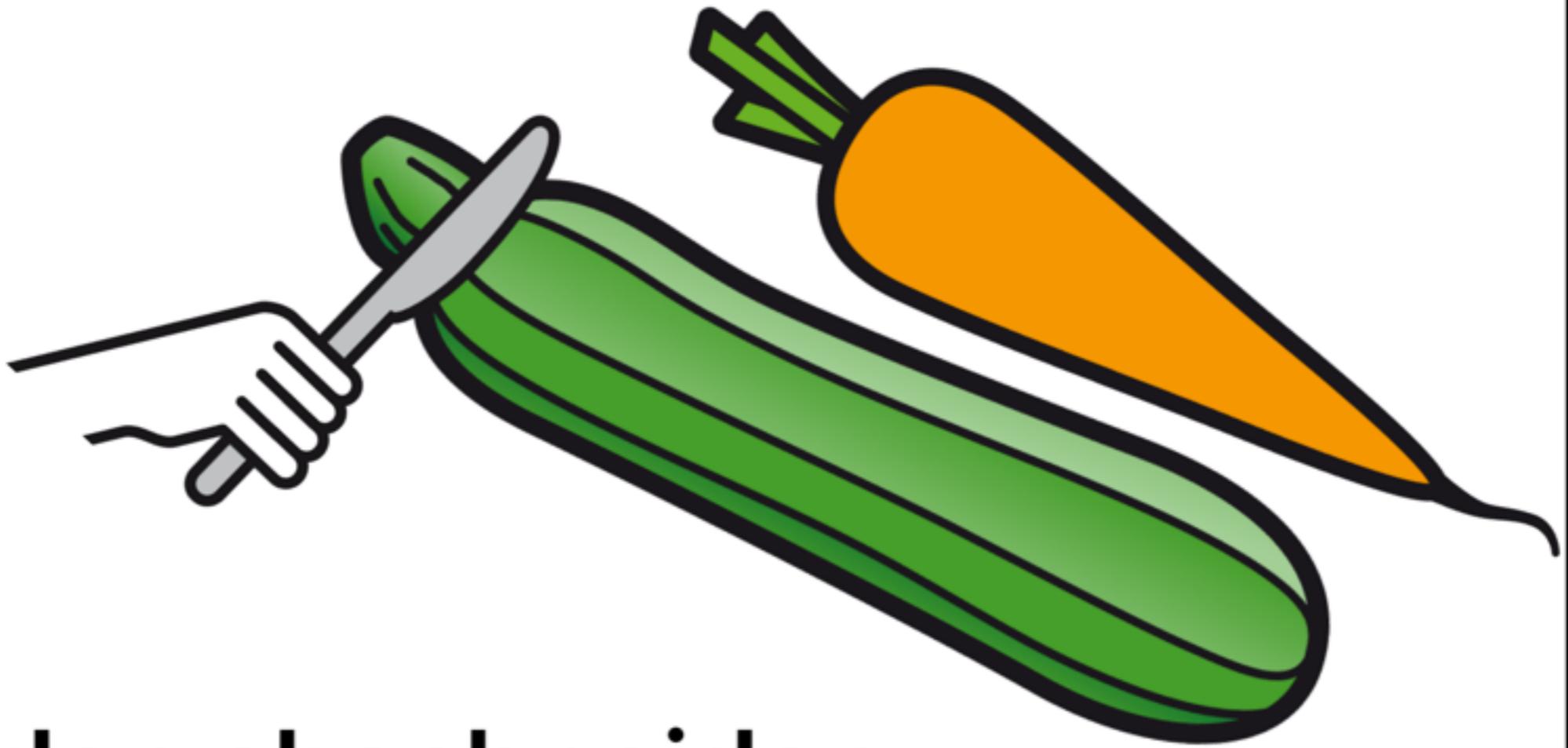


Zucchini und Rüebli waschen



4



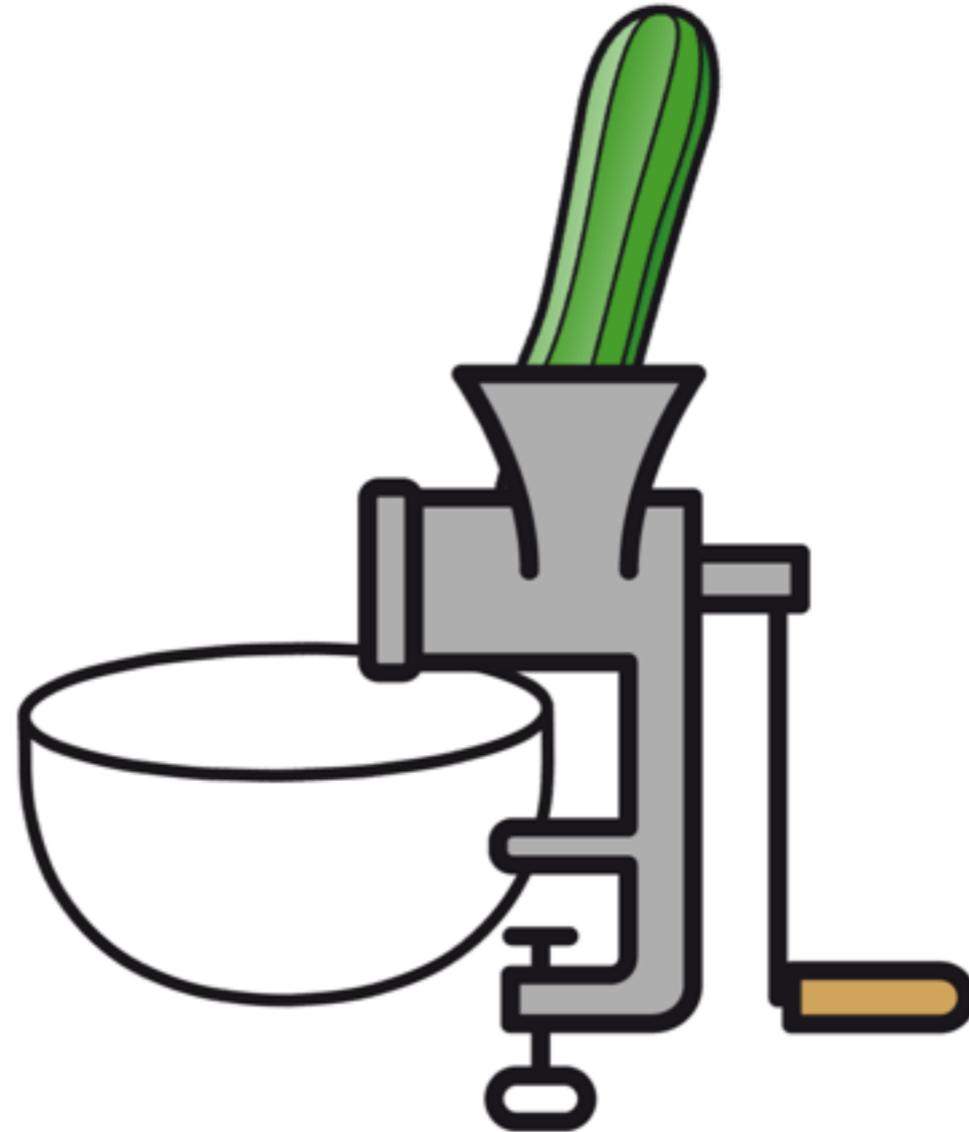


**Enden abschneiden,
Stücke schneiden**



5



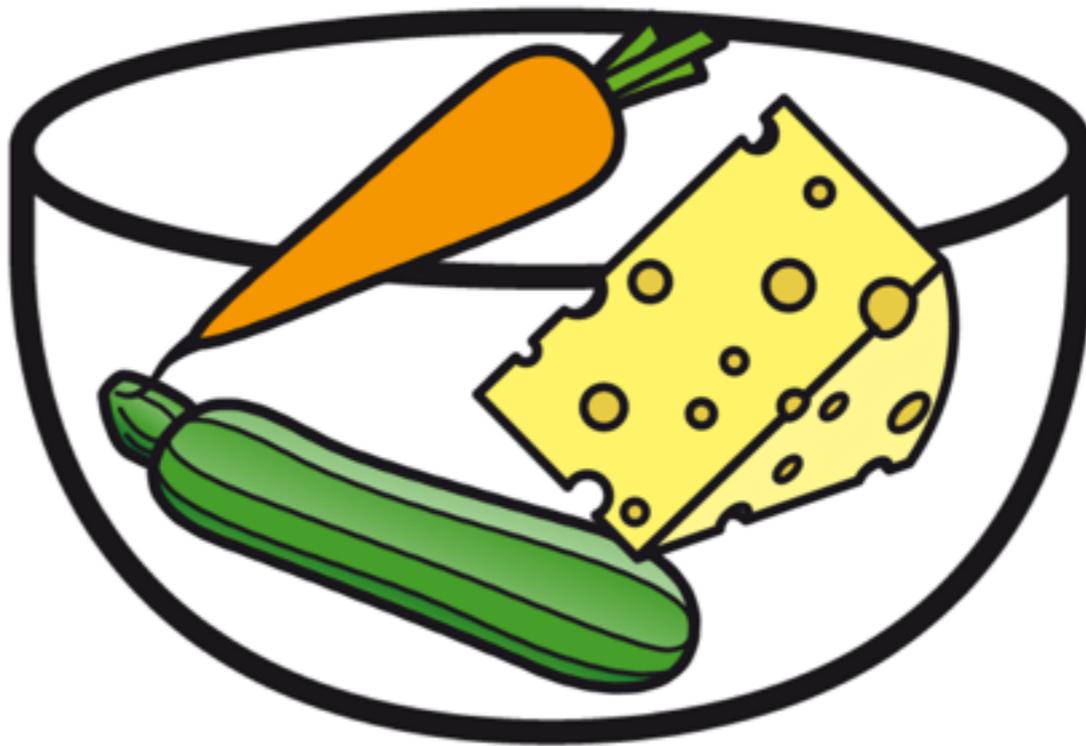


Zucchini und Rüebli raffeln



6



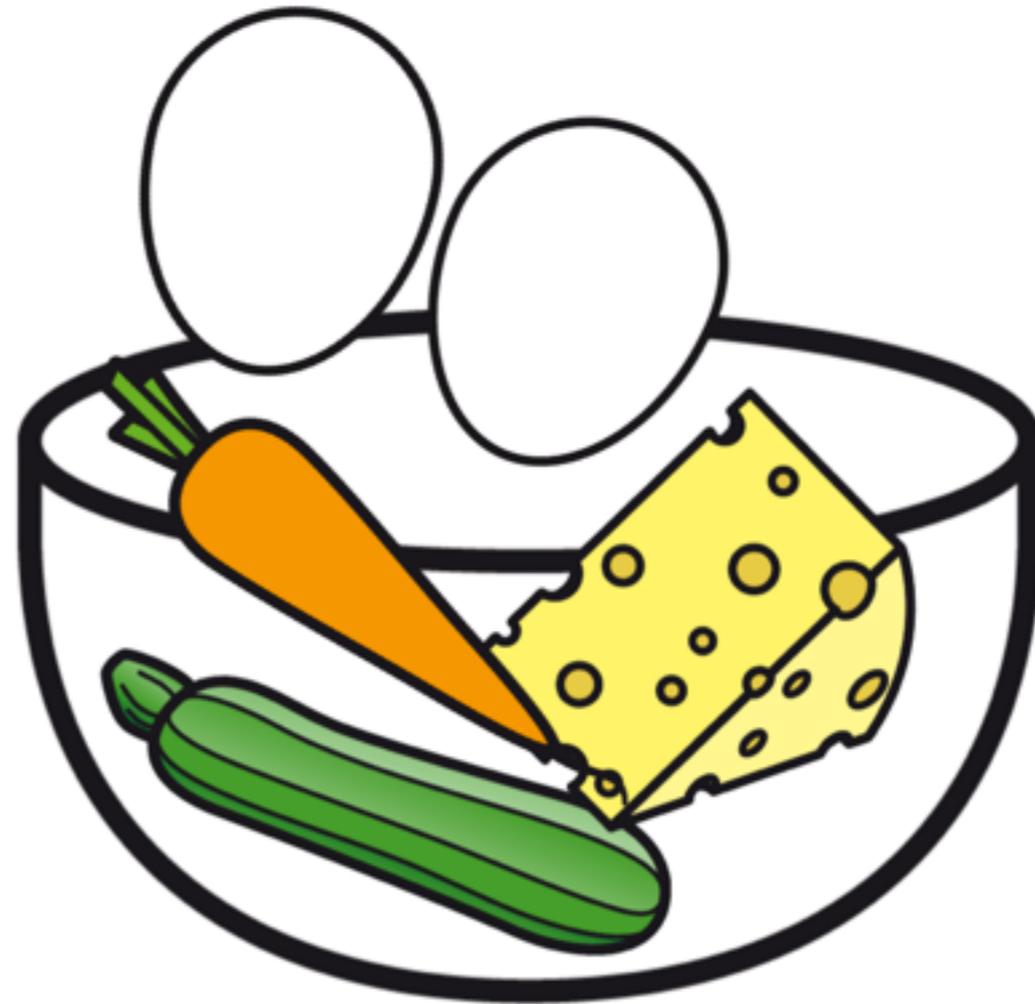


Reibkäse zu Gemüse geben



7





2 Eier (100g Vollei) dazu geben.





1 Teelöffel Salz und wenig Pfeffer dazu.



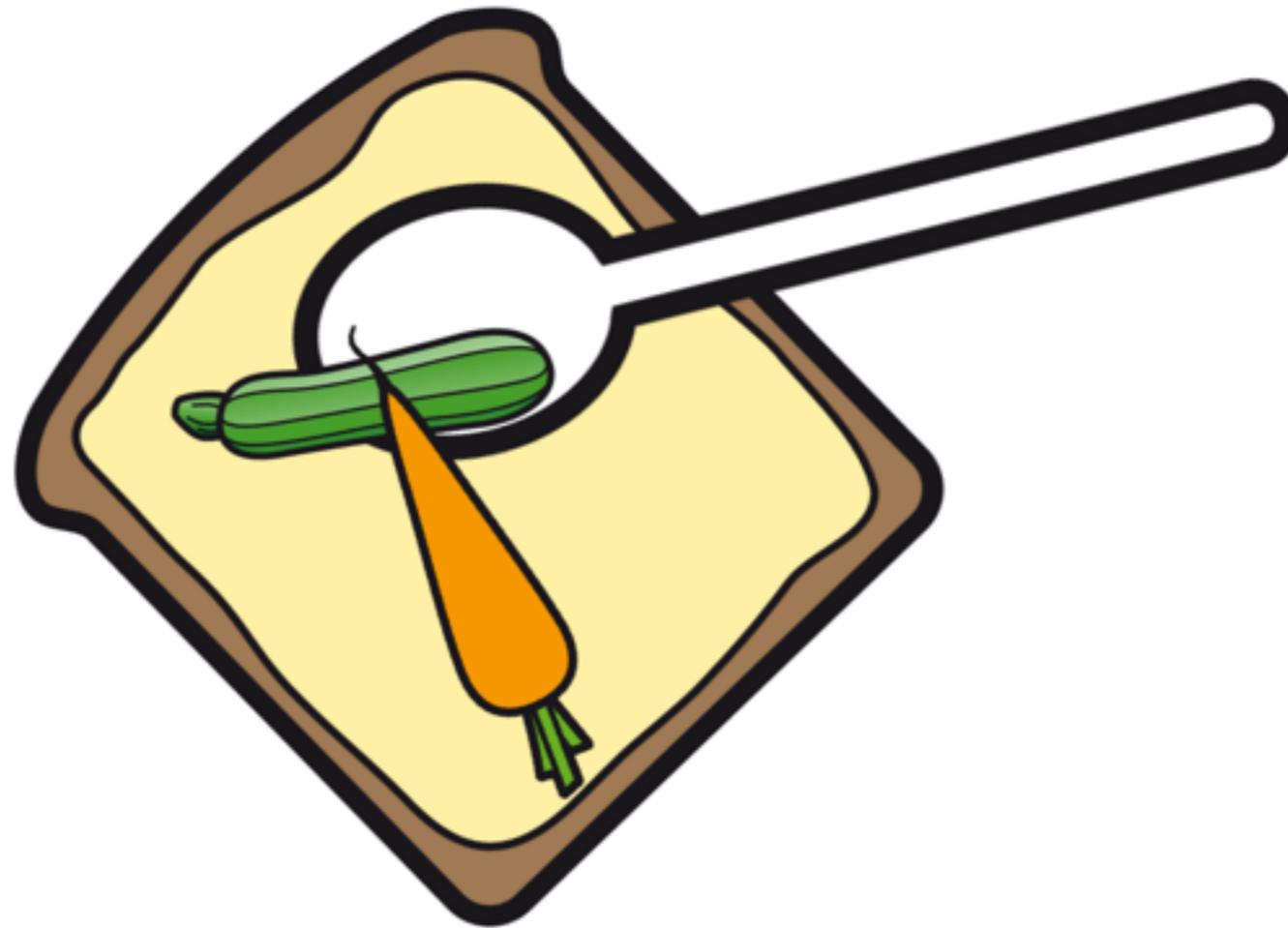


alles gut umrühren



10



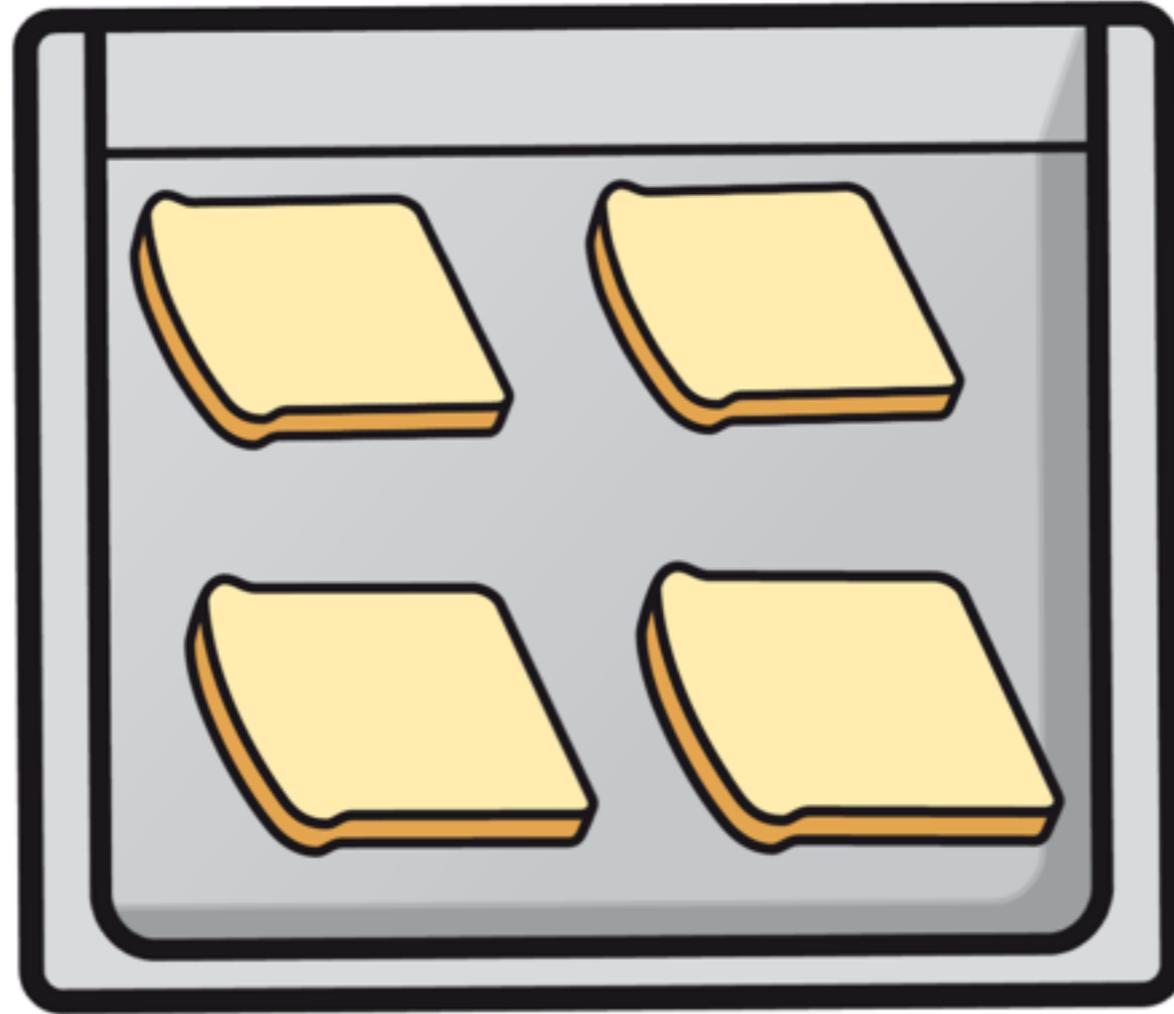


Gemüsemasse auf Toastbrot streichen



11



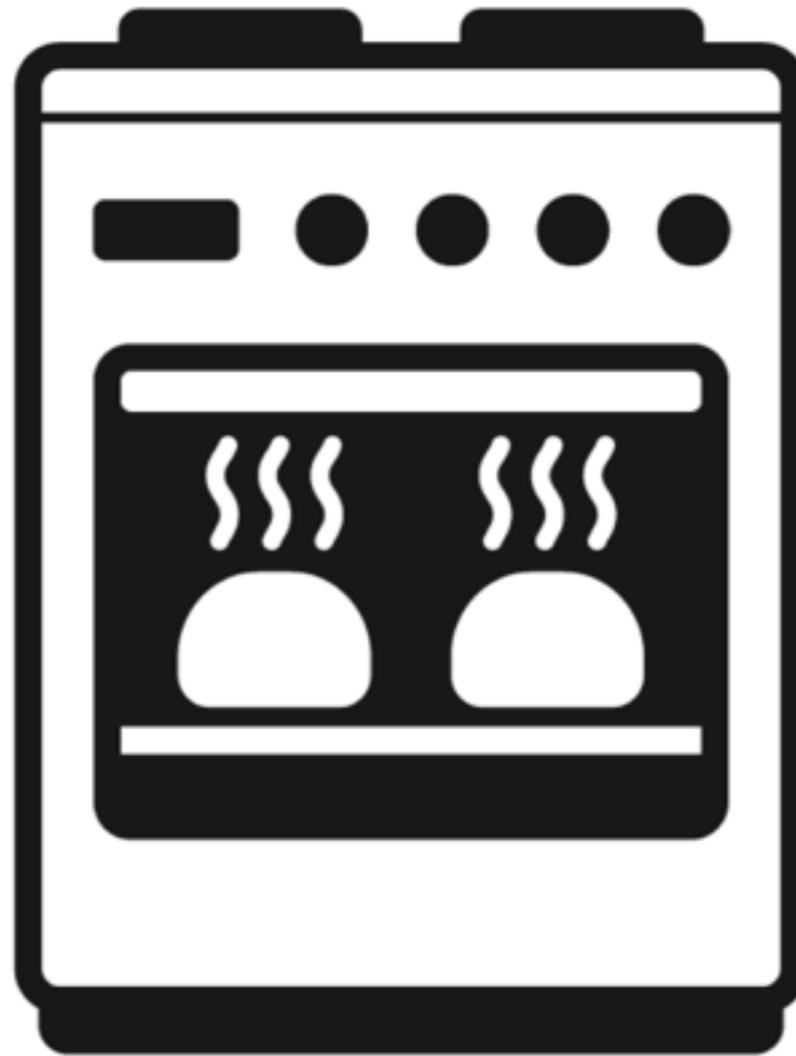


Backtrennpapier auf Blech und Toast darauf legen



12





Toast für ca. 15 Minuten backen.



13





Guten Appetit!



14

