

SWEET & SAVOURY FRENCH TOAST ROLL-UPS

Each makes 8 roll-ups

INGREDIENTS

For the banana and chocolate roll-ups:

- 8 Sasko Premium White Bread Slices
- 8 tbsp chocolate spread
- 2 medium bananas, sliced thinly
- 3 eggs
- 1 tbsp milk
- ½ tsp vanilla essence
- 1 tbsp butter, for frying
- 2 tbsp smooth peanut butter, melted
- 10 peanuts, roughly chopped

For the cheesy boerie roll-ups:

- 8 Sasko Premium White Bread Slices
- 8 slices cheese
- 8 pieces (8-10cm each) thin boerewors, cooked
- 3 eggs
- 1 tbsp milk
- Salt and pepper, to season
- 1 tbsp butter, for frying
- Chakalaka, to dip

METHOD

For the French toast:

For the banana and chocolate roll-ups:

1. Cut the crusts off the bread and use a rolling pin to flatten each slice out. **Chef's Tip: Freeze the bread crusts to make croutons or breadcrumbs.*
2. Spread a tablespoon of chocolate spread over the surface of each slice of bread.
3. Cover a third of each slice with the banana slices and roll up tightly into a cigar shape.
4. In a wide, shallow bowl, whisk the eggs and milk together. Whisk in the vanilla essence.
5. Dip each roll-up in the vanilla-flavoured egg, rolling it around carefully to coat all sides.
6. Heat the butter in a large frying pan over medium heat and fry the roll-ups, turning them every 2 minutes to brown all sides.
7. Drizzle the melted peanut butter over the roll-ups and sprinkle over the nuts, serve and ENJOY!

A decorative border of various food items is drawn in a simple, orange line-art style around the page. The items include a slice of cheese, a fork with a piece of food, a round flatbread with a cross on top, a slice of pizza, a round flatbread with a hole, a slice of watermelon, a cupcake, a butter knife, another round flatbread with a cross, a slice of watermelon, a mushroom, a slice of cheese, a round flatbread with a hole, and a butter knife.

For the cheesy boerie roll-ups:

1. Cut the crusts off the bread and use a rolling pin to flatten each slice out. **Chef's Tip: Freeze the bread crusts to make croutons or breadcrumbs.*
2. Cover each slice of bread with a slice of cheese and place the boerie on one side. Roll each slice up tightly around the boerie into a cigar shape.
3. In a wide, shallow bowl, whisk the eggs and milk together and season to taste with salt and pepper.
4. Dip each roll-up in the seasoned egg, rolling it around carefully to coat all sides.
5. Heat the butter in a large frying pan over medium heat and fry the roll-ups, turning them every 2 minutes to brown all sides.
6. Serve these cheesy boerie roll-ups with a chakalaka dip and ENJOY!