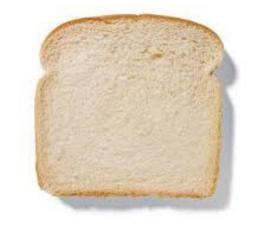






Epping Forest Foodbank is a Registered Charity in England & Wales (1182270)

Ingredients 4 slices of bread, crusts removed 1 tbs margarine ½ tin of ham, shredded 1 small tin of baked beans Handful of cheese 1 tbs dried parsley (optional)

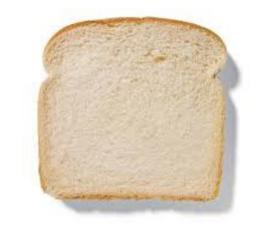






Recipe

- 1 | Preheat the oven to 200oC.
- 2 | Place the slices of bread onto a chopping board and roll out until flat.
- 3 | Spread margarine onto both sides of the bread.
- 4 | Push the slices of bread into the holes in a muffin tray.
- 5 | Add a little ham into the bottom of the bread, the add beans on top of the ham until the pies are about ³/₄ full.





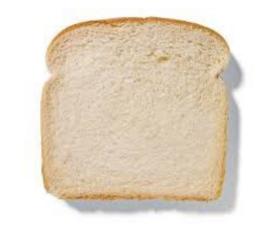


Recipe cont.

6 | Sprinkle a little cheese on top.

7 | Bake in the oven for 10-15 minutes, until the cheese is golden brown.

8 |Serve with a little parsley sprinkled on top (if using).

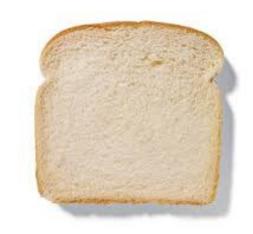






Cost

Bread - 7p Margarine - 7p Ham - 50p Beans - 25p Cheese - 19p Parsley - 14p







TOTAL - £1.22

PRICES CORRECT AT THE TIME OF PUBLICATION - JUNE 2019