

Egg Rolls



Serves	1
Prep time	5 minutes
Cook time	5 minutes
Total time	10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Lunch Box , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Picnic

Ingredients

- 1 egg
- 1 teaspoon milk (or milk substitute)
- pinch salt
- butter or Nuttelex (for frying)

Directions

1. Lightly beat together the egg, milk and salt.
2. Melt a bit of butter or Nuttelex in a frying pan and spread over the surface. Once it starts bubbling pour in the egg.
3. When the top of the egg is cooked, turn off the heat and roll up the egg. Remove from the frying pan and allow to cool.
4. Cut into 4 or 5 pieces and secure with a toothpick.
5. Serve immediately or pack into a cooled lunch box.



Note

Low Chemical / FAILSAFE