

# Rye Bread Croutons



Serves 4-6

## Cooking Time (including preparation)

- 15-20 mins

## Ingredients

- 4-6 slices fresh Rye bread (gluten/wheat/yeast free), 1-2 cm thick
- 1 Tbsp olive oil
- 1 tsp salt for taste

## Method

Cut the slices into 1cm cubes and place on a baking tray. Drizzle olive oil over and lightly sprinkle with salt. Bake med high heat 10 mins (or until toasted) and turn cubes over. Drizzle with remaining olive oil and sprinkle with remaining salt. Bake 5 mins (or until toasted). Place in a serving dish for people to serve themselves.

Serve with vegetable soup.

## To maximise nutritional benefits

- Be mindful that food preparation is an act of love and not a chore
- Before consuming, pause to give thanks to all those involved in the growing, providing, preparation and cooking of the meal
- Consume same day
- Chew each mouthful a min of 10 times before swallowing
- Sip warm beverages, don't drink
- Wait for a minimum of 10 mins after eating to savour the meal