

Toast!

When toast is crisp and perfectly browned it is delightful. Imagine spreading a topping onto crisp toast, the knife makes that marvelous scritch, scrunch noise. Have you ever had a piece of toast that has been kept warm under a steam cover? In attempts to keep breakfast warm, many care centers ruin the joys of toast. Prepare toast with your Residents as a centerpiece to a simple social activity or special morning visits. You'll need a good toaster, paper plates, plastic knives, soft butter or margarine for the basics. Take care to follow all dietary services infection control procedures, electrical appliance safety and patient dietary guidelines.



Here are some ideas for what to do with toast!

1. Spread with butter or margarine
2. Spread with favorite jam or jelly
3. Spread with butter and jam and slice into 5 long pieces. Grandma called this bunny toast!
1. Spread with peanut butter
2. Sprinkle with a 30/70 mixture of cinnamon and sugar
3. Break into bite sized pieces, placed in a bowl and top with milk and sugar. Milk toast.
4. Top with butter and honey
5. Top with cream cheese and jam
6. Top with homemade apple butter
7. Top with Nutella, creamy chocolaty hazelnut spread
8. Top with marshmallow fluff
9. Top with apple pie filing
10. Top with prune baby food
11. Top with almond or cashew butter
12. Serve plain toast with a cup of tea
13. Top with mashed bananas and cinnamon
14. Top with peanut butter and sliced bananas
15. Top with avocado and cheese
16. Top with cream cheese and fresh blueberries
17. Top with butter, honey and strawberries
18. Top with thinly sliced green apple, peanut butter and crispy rice cereal
19. Spread on peanut butter then top with crumbled graham crackers
20. Top with Nutella and thinly sliced pear
21. Spread with brie cheese and drizzle with maple syrup
22. Spread with butter then sprinkle with strawberry Jello dry from the package
23. Spread with unsalted sweet cream butter and top with thin slices of cucumber
24. Spread a mixture of cold butter mashed together with Grandma's molasses

Now, if we vary the breads... whole wheat, sourdough, cinnamon raisin... we can serve a different type of fresh toast every week of the year!