

Eggs in White Sauce

Ingredients:

at least 4 hard boiled eggs
2 tablespoons butter
2 tablespoons flour
1 cup milk

Method:

In a sauce pan, melt the butter over low heat. Sprinkle in the flour and stir until just cooked. Pour in the milk and stir constantly, raising the heat in increments every 2 minutes until the mixture has come to a simmer and is thickened. Add salt and pepper to taste. Chop the boiled eggs into the sauce and mix gently. Serve warm over toast.

Happy Eating!

Sharon

www.thefunctionalweirdo.wordpress.com