

# FAKE MATZOH BREI

## (FRIED FLAGELS)



### **INGREDIENTS**

2 packages flagels  
4 eggs  
1/2 cup milk  
\*Salt and Pepper to taste  
Small amount of oil or butter for pan

\*Optional – Substitute Cinnamon and Artificial Sweetener for Salt and Pepper

### **PREPARATION**

Toast the flagels on medium and let cool. Tear them into small pieces and place in a bowl. Add water and let them soak until they are soft but not soggy. Drain well.

In a separate large bowl, beat the eggs with the milk, salt, and pepper. Add the flagels. Blend together.

Rub the bottom of a large frying pan with small amount of butter or oil and place over medium heat. Add egg mixture and continue to cook over medium heat. You may stir the mixture to cook it “scrambled style” or leave it to cook as a large omelet. Either way, turn the flagel mixture and brown both sides.

Yield: 2 Servings – Each serving equals 1 protein.