**BREAD OMLTE WITH RAITA**

THIS RECEIPE IS GOOD FOR EVENING SNACK.IT IS VERY IMPORTANT TO ADD VEGETABELES IN DAILY LIFE

TO PREVENT VARIOUS DEADLY DISEASES

**INGREDIENT FOR 1 PERSON**

BREAD SLICE -2SLICE (CUT INTO 4 SLICE)

EGG -1NO

OIL -2TSP

TOMATO-25G

ONION-1 SMALL

CUCUMBER-25G

CURD-50G(LOW FAT)

SUGAR-1TSP

SALT-1/4STP

BLACK PEPPER-1/4TSP

**METHOD OF PREPARETION**

1. MAKE BREAD-OMLTE
2. SHRED TOMATO AND CUCUMBER
3. ADD SUGAR , SALT THEN ADD SHREDED TOMATO CUCUMBER ,ONION
4. ADD BLACK PEPPER AND MIX WELL THE MIXTURE
5. ENJOY YOUR SNACK