

# Fish Toast

This is a family recipe that was loved by all of the kids. Served as a breakfast meal.

## Ingredients

- 2 tbsp margarine or butter
- flour
- 1 cup milk
- can of salmon (not flaked)
- bread

## Instructions

- Drain and de-bone salmon and set aside
- Start toasting bread
- In a pot over low heat, melt margarine or butter
- Add flour to make paste. (thick but can still stir)
- Slowly add milk and whisk
- Whisk over low-medium heat until thickened
- Add salmon and mix
- Serve over toast