

# beauty food.

COLLAGEN COFFEE  
FRENCH TOAST

*Recipe*



# COLLAGEN COFFEE

## *french toast*

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**SERVES 1**

✓ **GLUTEN-FREE** ✓ **DAIRY-FREE**

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**OG SUGAR/SERVE**

**PREP ~ 4MINS**

**When you go to bed dreaming of your breakfast in the morning. This Collagen Coffee French Toast is rich in protein, flavour and will set you up for a productive day. Make sure to like and hit save for later!**

### **INGREDIENTS**

- 1 free-range egg
- 1/4 cup milk of choice
- 2 tbsp vanilla protein powder or Beauty Food Marine Collagen Powder
- 1/2 tsp ground cinnamon
- 1 sachet Beauty Lift Collagen Coffee
- 2 slices of bread of choice (we used gluten-free bread)

### **GARNISH**

- 1 heaped tbsp yoghurt of choice (we used coconut)
- 1/2 banana, sliced
- Sprinkle of ground cinnamon
- 1 tbsp pure maple syrup (optional)

### **METHOD**

Whisk together the egg, milk, protein powder/collagen, cinnamon, Beauty Lift Collagen Coffee a shallow casserole dish until combined.

Carefully place the bread into the egg mixture one at a time and let it soak for at least 30 seconds. Flip the bread and repeat this process on the other side.

Place a non-stick frying pan over a medium heat. Once the pan is hot, add the soaked bread slices to the pan and cook for 3-4 minutes, flipping halfway through. The french toast should be golden with crispy edges.

Serve warm topped with a dollop of yogurt, sliced banana, a sprinkle of cinnamon and a drizzle of maple syrup.

[Click here to buy Collagen Coffee](#)