



**FRENCH**  
toast

# FRENCH toast

## Ingredients

2 slices bread (any kind)

2 eggs (beaten)

2 tbsp milk (any kind)

1 tsp cinnamon

1 tsp sugar

1/4 tsp salt

dash oil (to grease)

## Method

Heat a lightly greased pan to medium-high heat. Mix the egg, milk, cinnamon, sugar and salt. Dip the bread into the mix until fully absorbed and transfer to the pan.

Cook ~1 min each side or until golden brown. Serve with your choice of topping!

**Serving suggestions:** fresh fruit, maple syrup, honey, chopped nuts, yoghurt

1  
SERVES

15  
MINUTES

NUTRITION  
/ SERVING

450  
KCAL

41g  
C

19g  
P

24g  
F