

# FABULOUS FRENCH TOAST

**Preheat:** large burner, low to medium heat

**Equipment:** Flat griddle, cast iron or non-stick frying pan, spatula, measuring cups and spoons, pie plate

**Prep Time:** 5 minutes

**Cook Time:** 8-10 minutes

**Number of Servings:** 2

**- 4 slices day-old thickly cut bread, multi-grain**

Set aside on a regular plate.

**- 2 large eggs, cage free**

**- 1/2 tsp. cinnamon powder**

**- 1/4 tsp. nutmeg**

**- 1/2 tsp. vanilla extract**

**- 1/2 cup milk, organic cow, rice or almond** Gently beat eggs in pie plate. Add milk and spices. Mix together. Dip each piece of bread into egg mixture coating it well. Place in greased pan for about 5 minutes on low to medium heat. Flip over when the "toast" becomes lightly browned. Cook other side until done. Place on serving plates.

**- 1-2 TBsp. maple syrup, 100% real**

**- 1/4 cup fresh or frozen berries** Spoon syrup on toasted slices.

Place berries on top. Serve!

**OPTIONS:** Replace maple syrup with agave syrup or honey. Add a teaspoon of grated orange or lemon zest. Serve with powdered sugar and other fresh fruit of choice or preserves.

**6 Natural Colors:** white, yellow, golden, brown, tan, blue, red

**6 Food Groups:** whole grain, eggs, herbs/spices, dairy, fruit, sweet