

BEYOND HUNGER

QUICK & EASY FRENCH TOAST

French toast is always great for breakfast! A convenient option for this recipe is to make multiple batches at once, freezing the extra until you're ready to use them. Just pop them in the microwave to warm them up. You may also top the French toast with berries for added vitamins and antioxidants!

Yield: 3 serving, 2 pieces of toast each

Ingredients:

- $\frac{2}{3}$ cup **milk**
- 2 large **eggs**
- 1 teaspoon **vanilla extract** (Optional)
- $\frac{1}{4}$ teaspoon **ground cinnamon** (Optional)
- **salt** (dash)
- 1 tablespoon **unsalted butter**
- 6 slices of **bread** (choose whole grain bread for added fiber)

Instructions:

1. Whisk milk, eggs, vanilla, cinnamon, and salt together in a shallow bowl.
2. Lightly butter a griddle and heat over medium-high heat.
3. Dunk one piece of bread in the egg mixture, soaking both sides. Transfer to the hot pan and cook until golden, 3 to 4 minutes per side. Repeat for all pieces of bread. Serve warm and top with your favorite berries, butter, and/or a bit of maple syrup.

Per Serving: Calories 261, Protein 11.3g, Saturated Fat 3.6 g, Sodium 168.6 mg, Fiber 1.2g, Sugars 3.2g

This recipe was adapted from <https://www.allrecipes.com/recipe/7016/french-toast-i/>