

French Toast

Ingredients:

4-5 slices whole grain bread
3 eggs
1/4 cup (60 mL) milk
1/4 tsp (1 mL) vanilla
1/2 tsp (2.5 mL) cinnamon
2 Tbsp (30 mL) butter – cut into four slices

1/2 orange per person
Syrup (optional)

1. In large bowl, whisk eggs until frothy. Add milk, cinnamon and vanilla. Whisk until well combined.
2. Preheat 2 frying pans on medium high heat.
3. Once the frying pans are warm, add the butter and turn to coat.
4. Working quickly, dip a slice of bread into the egg mixture (each student will cook their own bread). Turn to coat both sides. Do not soak the bread or it will become soggy. Put into the frying pan.
5. Fry French toast until golden brown on one side (1-2 minutes). Flip, cook the other side until golden brown. Repeat until everyone's bread is cooked.
6. Cut orange halves into wedges and place onto plate for each person.
7. Plate your French toast. Serve with syrup if desired.