

FRENCH TOAST



Serves



Cost per
serve



Total prep
& cooking time



♥ WHY WE LOVE THIS RECIPE

Get fancy by adding grilled peaches, mixed berries, cream cheese or ricotta.



FOOD WASTE TIP

This recipe is a good way to use bread that might otherwise go to waste.

INGREDIENTS

- 5 slices wholemeal bread
- 2 eggs
- 1 teaspoon vanilla essence
- ½ cup reduced fat milk
- 3 tablespoons olive oil
- 1 banana, sliced (to serve)

Optional: 1 tablespoon of cinnamon/sugar mix to serve.

EQUIPMENT

- Large bowl
- Fork
- Measuring cups
- Measuring spoons
- Electric frypan
- Plastic spatula
- Knives
- Chopping boards

SKILLS

- Working with heat
- Slicing
- Measuring
- Whisking

STEPS



Crack the eggs in a bowl and beat with a fork.



Mix the eggs together with the vanilla essence and milk until well combined.



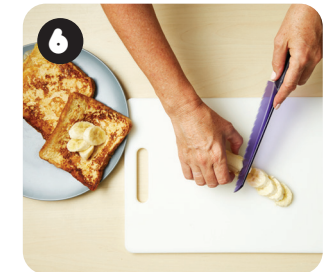
Heat oil in non-stick frypan, over medium heat.



Dip each slice of bread in the egg wash until coated on both sides and put straight into the frypan.



Cook for 2-3 minutes each side until golden and it separates easily from the frypan. If the bread is sticking to the pan, cook a bit longer.



Transfer to a plate and serve plain or with sliced banana and cinnamon/sugar mix (optional).