

## Fabulous French Toast!

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

**Pans:** flat griddle, cast iron or non-stick frying pan

**Cooking Utensils:** spatula, measuring cups/spoons, small mixing bowl

**Prep Time:** 5 minutes

**Cook Time:** 8-10 minutes

**Number of Servings:** 2

**4 pieces day-old bread, Rudi's Gluten-Free MultiGrain**

Set aside on plate.

**2 large eggs, cage-free**

**1/2 tsp. cinnamon powder**

**1/2 tsp. nutmeg powder**

**1/2 tsp. vanilla extract**

**1/2 cup milk - organic cow, rice or almond**

Gently beat eggs. Add milk and spices. Whisk until mixed well.

**1-2 Tbsp. butter or oil spray.**

Lightly coat cooking pan. Dip bread into egg mix until both sides are lightly coated. Place into pan. Cook for about 5 minutes, flip sides when lightly browned. Place on plate.

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

**1/4 cup berries, fresh or frozen**

Spread a little of each on top of cooked bread slices. Serve.

**OPTIONS:** Add teaspoon of grated organic orange or lemon zest. Serve with a light dusting of powdered sugar instead of maple syrup. Replace berries with other fruit or preserves.

**SWEET ALTERNATIVE - Spicy Toast:** replace sugar with a little cayenne and salt.

**FOOD TIP:** Soft "white" breads tend to get mushy. Stale or day old bread works better. MultiGrain is best!

**6 God-made Food Colors:** white, yellow, golden, brown, tan, blue or red

**6 Food Groups:** grains, eggs, dairy or nuts(milk choices), herbs/spices, fruit, sweet

### PERFORMANCE RATING: 6/6

Out of this world! Great way to start the day. Get your kids to help you. Teach them how to break the eggs, mix in the milk and seasonings and dip the bread. For families who shy away from eggs, this is an easy delicious way to bring these invaluable nutrients into their diet.

A 6/6 Performance Rating is a powerful breakfast combination, especially on a school day. This breakfast takes minutes and is far better for then than those frozen versions. Fresh is best. You are going to love it too!

**\*KKA** means awarded the Kid Critics Approved Seal