

Making it delicious

French Toast



Ingredients

- 4 slices of bread (stale/dry is best)*
- 1 egg
- 1/3 cup milk
- 1 teaspoon sugar or maple syrup
- 1 Tablespoon butter or margarine, plus more for topping

Optional flavorings:

- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- A sprinkle of nutmeg
- A pinch of salt



Recipe adapted from www.addapinch.com "Perfect French Toast"

Instructions

- Whisk the egg in a bowl.
- Mix in the milk, vanilla, and sugar or maple syrup.
- Add cinnamon and nutmeg if you want.
- Set a skillet over medium heat and melt the butter in it.
- Coat the bread slices in the egg mixture, then lay them in the pan in the sizzling butter. Cook for 3-4 minutes per side, until golden brown.
- Serve with a little more butter and your favorite toppings, such as maple syrup and fresh fruit.

*If you only have fresh bread, your French Toast will taste best if you dry the bread first: Set the oven to 200 and lay the bread slices on a baking sheet. Bake for 8-10 minutes, until the top of the bread is dried, then flip and bake 8-10 more minutes.