# **French Toast with Mixed Berries**



Preparation time: 10 mins

Serves: 1 person

User Rating: ★★★☆☆

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Categories: Breakfast Recipes, Vegetarian



## **Ingredients**

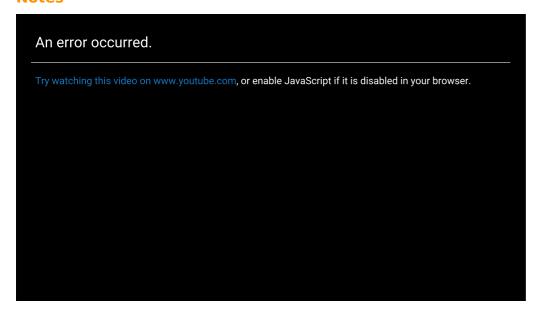
- 2 eggs
- 1/4 cup low fat milk
- 1 pinch ground cinnamon
- Oil spray
- 2 slices wholegrain bread (crusts removed optional)
- Fresh mixed berries, to serve
- Maple syrup, to serve
- Icing sugar, to serve

### **Method**

1. Whisk eggs, milk and cinnamon in a bowl until combined.

- 2. Spray a non-stick pan with oil, place over medium heat.
- 3. Dip bread into egg mixture and fry gently on both sides for about 2-3 minutes. Transfer to a plate.
- 4. Place French toast on to plate and serve with berries, top with Maple syrup and icing sugar.

### **Notes**



Need some more help. Watch the Video Here

#### **Nutritional Information**

Total fat Saturated fat Carbs (total) Serving size Energy 1330kJ 318kcal Protein Carbs (sugar) Sodium Fibre **10.7**g 20.6g **2.9**g 32.2g 9.3g **426mg** 4.1g **214g** 

Vitamin D 5.2µg

All nutrition values are per serve.