

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
- ¼ 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.

- ## Notes

Try watching this video on www.youtube.com, or enable JavaScript if it is disabled in your browser.

Nutritional Information

All nutrition values are per serve.