

The Best Egg French Toast with Berries



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 6 October 2015

Categories: Quick & Easy, Breakfast Recipes, Vegetarian



Ingredients

- 4 large eggs, at room temperature
- $\frac{3}{4}$ cup reduced fat milk
- $\frac{1}{4}$ cup caster sugar
- $\frac{1}{2}$ tsp vanilla extract
- Butter, for greasing pan
- 6-8 slices day-old thick white bread
- Strawberries and blueberries, to serve
- Icing sugar, for dusting

Method

Perfect for Mother’s Day or other special breakfast-in-bed special mornings.

- 1. Preheat oven to 120°C/100°C fan-forced. Whisk eggs, milk, sugar and vanilla in a medium shallow dish.
- 2. Grease a large non-stick frying pan with butter and melt over medium heat. Dip2 bread slices into egg mixture for about 15-20 seconds on each side. Add to pan and cook for 2-3 minutes on each side until light golden brown. Transfer to a tray and keep warm in the oven. Repeat with extra butter, remaining bread and egg mixture.
- 3. Place French toast onto serving plates. Top with strawberries and blueberries, lightly dust with icing sugar and serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
239g	1690kj 404kcal	17.5g	7.2g	2g	63.5g	23.7g	536mg	4.2g

All nutrition values are per serve.