

# French Toast

This is great for any meal! Sydney often takes French toast strips to school for lunch in a thermos with about 1/2 tbsp pure maple syrup in a separate container and fresh fruit in a different thermos. With the organic whole-grain bread and egg, and fruit on top or on the side, it's a healthy meal.

Remember that 1/2 tbsp maple syrup has ~ 6 1/2 grams of sugar, and a child's daily allowance of sugar is 24 grams.

## Ingredients:

- 2 pieces organic whole-grain bread\*
- 1 egg
- Dash (~ 1/8 tsp) pure vanilla
- ~ 1 tbsp milk\*\*
- Dash (~1/8 tsp) cinnamon
- Avocado oil, for frying\*\*\*
- Fruit, for topping

\* We store our bread in the freezer. If you do as well, remove the bread from the freezer and place it on a plate prior to frying. It takes <10 minutes to defrost.

\*\* We use organic, lactose-free milk. You can also use your own milk or try it with almond milk.

\*\*\* Nut oil is best for frying, since it doesn't degrade at high temperatures. But if you or a family member is allergic to nuts, use olive oil.

## Directions:

1. In a shallow bowl, mix the egg, vanilla, milk, and cinnamon with a fork.
2. Put about 2 tsp of oil into the frying pan and turn the heat to low-medium.
3. As the pan heats up, using a fork, pick up a piece of bread along the edge. Dip one side into the egg mixture, press down to make sure it absorbs the mixture (3 seconds), and then flip over and do the same thing.
4. With the fork, pick up the coated bread, allow any excess egg mixture to drip into the bowl, and then place into the hot pan.
5. Repeat for the second piece of bread. You will most likely use up the remainder of the mixture with this second piece.
6. Cook each side for 2-3 minutes, keeping a close eye on each side to make sure it's golden brown but not burned.
7. If taking for lunch, quickly remove from pan, slice into strips, and put into the thermos.