



French Toast

Serves 2 - 3

First you will need some slices of bread made from Orgran Bread Mix - slightly stale bread, cut fairly thickly is best to use if you have it. If the bread is too soft it may fall apart when you dip it in the egg.

Ingredients

4 eggs
2 tblspns of milk or cream
½ tspn of vanilla sauce
½ tspn cinnamon
a pinch of salt
4 - 6 slices of Orgran bread
a little butter or oil for the pan
sugar to taste

Method

Crack eggs into a basin bowl and add the milk, vanilla, cinnamon and salt. Stir together with a fork. Make sure your bowl is large enough for you to dip the bread slices in so you can coat them all over with the egg mixture.

Heat the butter in a small frying pan or griddle pan over a medium heat.

Dip the bread in the egg mixture and make sure the bread is well soaked with the liquid. Fry the bread one slice at a time, on both sides for a minute or two until crisp and golden.

Repeat for all the slices, you will need to re-heat the pan between slices.
Cut slices into triangles and your French Toast is ready to eat.

Serving suggestions- You could serve with some blueberries and sliced banana and drizzled with a little maple leaf syrup or jam.

Or if you prefer Savoury French Toast, leave out the cinnamon and vanilla and spread a little gluten free yeast extract spread or sauce onto your bread before dipping in the egg. Then fry as normal.