



French toast

You will need:

Eggy bread

4 slices of bread

2 eggs

75ml milk

Optional flavours

Why not try...

- Grated cheese and chive / spring onion
- Vanilla extract and cinnamon
- Grated apple and cinnamon
- Sultanas / apricot / other dried fruit

Plain / Plain with toppings

You can always have your French toast plain or try it plain with different toppings, such as:

- Bacon and maple syrup
- Yoghurt and fresh berries

Top tips

- Use thick sliced bread or cut from a baguette / loaf
- Try with brioche bread
- Make a sandwich (banana and chocolate is good), then coat the whole thing in egg mixture and fry

Allergens

- Gluten (try gluten free bread)
- Milk (try plant based milk)
- Eggs

Cut your bread to the desired size

Break the eggs into a bowl and beat using a fork, then add the milk and mix together

Add any additional flavours to the egg mix, such as cinnamon and vanilla or prepare any ingredients to add after cooking, you might like to try fruit and yoghurt



Preheat a frying pan and add some butter / oil

Place your bread pieces into the egg mixture and ensure both sides are well coated

Carefully place your 'eggy bread' into the hot frying pan and allow to cook for a couple of minutes, before turning over

Once both sides are cooked and golden, remove from the pan and repeat with any remaining bread



This is delicious for breakfast, brunch or as a quick and easy after school / work snack

For more recipes, visit www.talkcommunitydirectory.org/cooking

