

Classic French Toast

4 servings • Category: Breakfast • Generated by Nutrifax

Ingredients

- 8 slice Bread (white, commercially prepared)
- 3 large Egg (whole, raw, fresh)
- 3/4 cup Milk (whole, 3.25% milkfat, with added vitamin D)
- 1 tsp Vanilla extract
- 1 tsp Spices (cinnamon, ground)
- 2 tbsp Butter (salted)
- 4 tbsp Syrups (maple)

Instructions

1. In a shallow bowl, whisk together the eggs, milk, vanilla, and cinnamon until smooth.
2. Heat a large skillet or griddle over medium heat. Add about 1/2 tablespoon of butter.
3. Dip each slice of bread into the egg mixture, letting it soak for about 10 seconds per side.
4. Cook the soaked bread for 2–3 minutes per side, until golden brown. Add more butter as needed between batches.
5. Serve warm, drizzled with maple syrup. Optionally top with fresh berries or powdered sugar.