



French Toast

The Egg Guy's Eggy Bread

Serves: 4

Ingredients

4 Eggs	1-2 tablespoons margarine
4 Tbsp Milk	6-8 slices toast bread
Pinch of cinnamon	Optional: Fresh Fruit to serve eg Blueberries

Method

Mix 4 eggs and 4 tablespoons milk in a bowl with a pinch of cinnamon. Mix well. Cut 6 to 8 thick toast slices of bread - these can then be cut into halves or triangles if you wish. Heat a little margarine in a non-stick frypan over a medium heat. Dip bread one piece at a time into the egg and milk mixture. Coat both sides well.

Put coated bread into fry pan and cook for 2 to 3 minutes on each side - or until golden. You should be able to cook 2 - 4 pieces at a time depending on the size of your pan.

Repeat with remaining slices of bread (add a little more of the margarine if needed between batches). Serve warm with fresh or tinned fruit and a spoon of yoghurt, or with sliced banana and runny honey. For a special treat, serve with sliced banana and lean bacon.

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