

# French Toast & fruit

## Ingredients

- 1-2 Slices of Whole grain or Whole Wheat Bread
- 1/4 cup Almond Milk
- 1-2 Large Eggs
- 1 tsp Pure Vanilla Extract
- 1 Tbsp Extra-Virgin Olive Oil
- Dash of Cinnamon (optional)
- Fruit of Choice (Banana, Strawberries, Blueberries, etc)
- 1 Tbsp Pure Maple Syrup (optional)



## Directions

1. Using a pie pan or flat glass dish, whisk together eggs, milk, vanilla extract and cinnamon (optional)
2. Measure out virgin olive oil into pan and let it heat up on medium
3. Add slice of bread into egg mixture to let egg sink in (while waiting for pan to heat up) then flip and repeat
4. Add the slice of bread that's soaked in the egg mixture to the pan when it is warm/hot
5. After french toast is flipped on the pan, press down to flatten and make sure it gets fully cooked in the middle
6. Enjoy hot and fresh and topped with fruit and maple syrup!

