

French Toast



Serves	2
Prep time	5 minutes
Cook time	40 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast
Misc	Child Friendly , Serve Hot
Website	Kids Health

Ingredients

- 2 eggs
- 1/2 cup milk
- 1 teaspoon vanilla essence
- 1 teaspoon butter or Nutelex
- 4 Slices bread

To serve:

- Maple syrup
- Fruit - pears, banana

Directions

1. Beat the eggs in a medium sized bowl (one with a flat bottom is easier). Mix in the milk and vanilla.
2. Heat a non-stick frying pan over medium heat. Add the margarine or butter until it starts to bubble.
3. Place each piece of bread into the egg mixture and let the egg mixture soak through, turn it over so it is completely covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes). Flip over and cook the other side for another 5 minutes.
5. Serve with maple syrup and fruit.

Note

Low Chemical / Failsafe, Amines if using bananas

Variations: dust the cooked toast with icing sugar