

# Air Fryer French Toast

Delightfully crispy-toasted on the outside, and soft in the center, **Air Fryer French Toast** is as delicious as it is easy to make!

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Course: Breakfast   Cuisine: American   Servings: 24   Calories: 55kcal  
Author: Lauren Allen   Cost: \$3



4.41 from 5 votes

## Ingredients

- 4 large eggs
- 2/3 cup milk
- 1/4 cup all-purpose flour
- 1/4 cup. granulated sugar
- 1/4 tsp salt
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 8 slices bread\*

## Instructions

1. Add all of the ingredients, except the bread, to a shallow dish and whisk well to combine (or add to a blender and blend until smooth).



2. Cut each slice of bread into into three pieces/sticks(or you can leave the bread slices whole, if you'd like). Spray the fry basket with non stick spray before each batch.
3. Dip each piece of bread into the egg mixture, dredging well on both sides, and then place in the fry basket, leaving a little space between each one and laying them in a single later. Be careful not to overcrowd them or they will not get crispy. (You may need to cook them in 3-4 batches, depending on the size of your air fryer).



4. Air fry at 350 degrees F for 4 minutes then flip them over (separating them from each other if they stick together) and cook for 3-4 more minutes.



5. Serve with homemade syrup or maple syrup.

## Notes

**Bread:** Thick bread is best! Try Texas toast or cut a loaf of challah or brioche bread into thick slices.

**Cook time:** You may need to adjust cook time by 1-2 minutes depending on the density and thickness of your bread slices.

**Make Ahead Instructions:** The batter can be made a day ahead of time, stored in the fridge.

**Freezing Instructions:** Allow cooked French Toast to cool completely, then place in freezer safe bag or container and freeze for up to 3 months. Reheat from frozen in air fryer for 3 minutes on 1 side and 2 minutes on the other, at 400 degrees.

## Nutrition

Calories: 55kcal | Carbohydrates: 8g | Protein: 2g | Fat: 1g | Saturated Fat: 1g | Trans Fat: 1g |  
Cholesterol: 32mg | Sodium: 88mg | Potassium: 43mg | Fiber: 1g | Sugar: 3g | Vitamin A: 52IU |  
Vitamin C: 1mg | Calcium: 27mg | Iron: 1mg