**French Toast**

Prep time: 5 min Cook time: 10 min

**Ingredients:**

* 2 large eggs
* 1/3 cup milk
* 2 tbsp sugar
* Pinch of salt (low sodium)
* ½ tsp ground cinnamon
* ½ tsp vanilla extract
* 4 thick slices 100% whole wheat bread
* 2 tsp butter
* 2tbsp honey

**Instructions:**

1. In a shallow dish, crack the eggs and whisk well.
2. Add milk, sugar, salt, cinnamon, and vanilla extract. Whisk until fully combined.
3. Heat a pan over medium heat and add ½ tsp butter.
4. Dip each bread slice into the egg mixture, coating both sides evenly, but do not oversoak.
5. Place the coated bread onto the hot pan and cook for 2–3 minutes per side, until golden brown.
6. Flip and cook the other side until golden brown as well.
7. Repeat with the remaining slices, adding more butter as needed.
8. Serve hot with honey or syrup.