



Cinnamon fruit french toast

A tasty twist on traditional French toast. This recipe will soon become a first choice for family breakfast celebrations!



Time to prepare: 5 minutes



Time to cook: 10 minutes



Serves 4



Suitable for vegetarians

Ingredients

- 3 eggs
- 1/2 cup low-fat milk

- 1 teaspoon cinnamon
- 8 slices fruit or raisin bread

Method

1. In a large bowl, beat together the eggs, milk, and cinnamon.
2. Heat a non-stick fry pan over a medium heat. Lightly spray the pan with a little oil.
3. Soak bread in egg mixture, one slice at a time.
4. Cook bread in the hot pan for a few minutes on each side until golden and cooked through.
5. Serve with sliced fruit and a little runny honey or maple syrup.

Notes

You might also like...



Special breakfast sandwich

This tasty breakfast sandwich is a cross between French toast and a toasted sandwich. We've used ham and cheese, but any toasted sandwich filling will work.

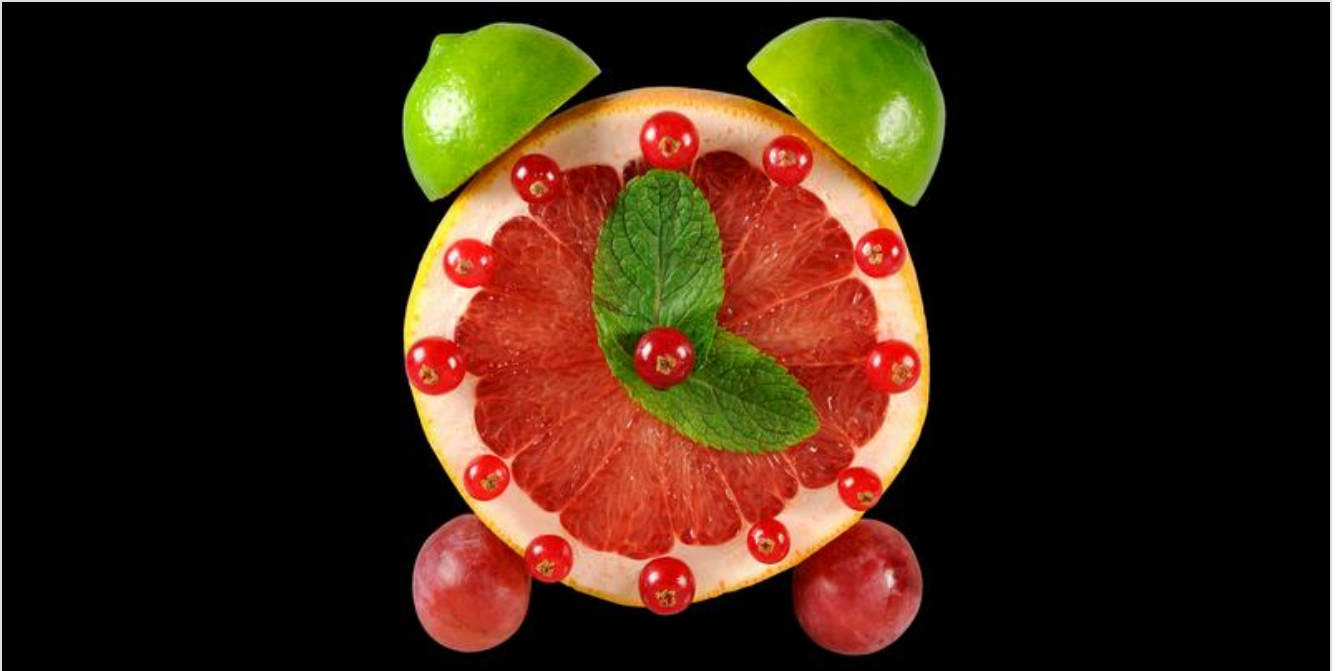
[\(/eat/recipes/special-breakfast-sandwich\)](/eat/recipes/special-breakfast-sandwich)



Perfect microwave scrambled eggs

Scrambled eggs aren't difficult once you know how. This super-easy version can be made in a coffee mug!

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Make-the-night-before breakfasts

Having breakfast all sorted in advance can make the mornings less busy for you and your family. You could even get the kids to help with preparing these recipes:

(<https://lpa.org.nz/eat/articles/make-night-breakfasts>)