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Chapter 1

Breakfast

Cinnamon Roll French Toast

 30 minutes

 6 servings

Nutrition

Calories 587

Fat 21g

Carbohydrates 87g

Total Sugars 52g

Protein 14g

Ingredients

2 tubes cinnamon roll, refrigerated, with icing
 4 tbsp butter, melted
 4 eggs
 1/2 cup milk
 2 tsp cinnamon
 2 tsp vanilla
 1/2 cup maple syrup

Preparation

- 1 Cut each cinnamon roll into 8 pieces.
- 2 In a separate bowl, whisk the eggs, milk, vanilla, and cinnamon. Set it aside.
- 3 Pour the butter on the bottom of a 9 × 13 inch (22cm × 33cm) glass baking dish. Spread the cinnamon roll pieces evenly over the butter. The pour the mixture over the cinnamon rolls. Pour 1/2 cup of maple syrup over the mixture.
- 4 Bake at 375°F (190°C) for 25 min.
- 5 Top with the icing from the cinnamon rolls.