

FRENCH TOAST WITH MIXED BERRIES AND MAPLE SYRUP



INGREDIENTS

- 2 eggs
- ¼ cup low fat milk
- 1 pinch ground cinnamon
- Oil spray
- 2 slices wholegrain bread (crusts removed optional)
- Fresh mixed berries, to serve
- Maple syrup, to serve
- Icing sugar, to serve

METHOD

1. Whisk eggs, milk and cinnamon in a bowl until combined.
2. Spray a non-stick pan with oil, place over medium heat.



3. Dip bread into egg mixture and fry gently on both sides for about 2-3 minutes. Transfer to a plate.
4. Place French toast on to plate and serve with berries, top with Maple syrup and icing sugar.