



Katie's Super Simple French Toast

What You Need

4 eggs
3/4 cup lactose free milk (almond milk is great in this recipe)
1 tsp maple flavoring (or 2 Tbsp maple syrup)
8 thick slices of French bread
Skillet or Frying pan
Nonstick cooking spray
Bowl
Whisk
Spatula

Before You Start: Spray skillet with nonstick cooking spray

Let's Make It!

Combine eggs, milk, and maple syrup in a mixing bowl and beat with a whisk until frothy. Heat prepared skillet over medium high heat. Dip each piece of bread into the egg mixture to soak/coat (but not make soggy) let excess drip off, then place into the hot skillet. Continue until all bread is in the skillet (you may need to do this in batches if you have a smaller skillet) .Fry the bread until golden brown flipping occasionally with the spatula to create evening browning.

*Katie's Tidbits, try using different breads for your toast. Serve hot with your favorite toppings

Serves 4

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