

French Toast

Instead of making your ordinary toast with butter or jelly why not try French toast. This French toast will give your taste buds a sweet kick for the morning and bring you a delightful and delicious breakfast. French toast is a great source for energy and protein. This recipe serves 2.



Ingredients:

- 2 large eggs
- 1/3 cup Heavy whipping cream
- 1 tablespoon sugar
- 1 teaspoon cinnamon
- 4 slices bread (preferably thick)
- 1 tablespoon butter

Instructions:

In a large bowl whisk together eggs, cream, sugar, and cinnamon until blended. Soak bread slices in 1 layer for 3 minutes on one side then flip to soak other side. Heat butter in a 12-inch frying pan over moderately high heat. Carefully transfer 2 soaked bread slices to frying pan with a spatula and cook until golden brown, about 2 minutes on each side. Repeat this process with the other 2 slices of soaked bread. You can serve French toast with maple syrup, fruit or honey.

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