## 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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