



French Toast

Calcium*



Vitamin D



Iodine



SERVES 4

Ingredients

- 250ml dairy free milk of choice
- 2 large eggs (room temperature)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tbsp maple syrup
- 8 thick slices of bread
- Dairy free spread for frying



Directions

- Whisk together the milk, eggs, vanilla, cinnamon and maple syrup.
- Heat up a large frying pan and add the dairy free spread
- Quickly dip a slice of bread in the egg mixture for a few seconds to coat each side
- Fry for about 2-3 minutes until golden on both sides
- Repeat for the remaining slices of bread
- Serve with more maple syrup and fruit or bacon

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Lactose & Galactose Free Recipe