

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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French Toast

- Whole eggs are rich in protein, vitamins and minerals
- 1 whole egg contains approximately 6 to 7 grams of protein
- Eggs are a great source of Vitamin B2, B12, A and E, iron and zinc

Makes 2 or 3 slices (will vary depending on bread type and size)

Ingredients:

2 large Eggs
1/4 cup Coconut milk, unsweetened
1/4 cup Peach or other fruit blended into a puree
1/4 tsp Cinnamon
2 or 3 Slices of Bread (whole grain, gluten free, etc.)
Butter for cooking

Directions:

1. Whisk together eggs, coconut milk, fruit puree and cinnamon.
 2. Add bread to egg mixture and let sit until fully absorbed.
 3. Add butter to pan and cook on medium heat until golden in color.
 4. Serve hot with syrup or plain.
- Makes a great school snack. Add a little maple syrup in a container so kids can dunk their french toast.
 - **For a savory version of french toast**, substitute fruit puree with 1/4 cup chopped spinach, 3 chopped basil leaves, and instead of cinnamon add a sprinkle of cayenne pepper, black pepper and salt. Serve with sliced avocado or fruit.