

Simple French Toast

2 eggs

1/4 cup milk

1 tsp. sugar

1/8 tsp. cinnamon

4 slices whole wheat bread

Cooking Oil Spray or Butter (for cooking)

1. In a flat dish (glass pie pan works great), with a fork, beat the eggs until blended.
2. Add milk and mix.
3. Sprinkle with sugar and cinnamon and beat lightly.
4. Dip the bread slices into this mixture, one at a time, making sure both sides are well coated. Let the excess drip off.
5. In a heavy skillet sprayed or coated with butter brown the toast well on both sides.
6. Serve hot with maple syrup and or powdered sugar.