

French Toast (serves 4 to 6)

- 4 eggs
- 125 ml milk
- 1 ml cinnamon
- 8 to 10 slices bread
- oil for pan



Equipment
Medium bowl
Fork
Measuring spoons
Plastic flipper
Electric Griddle

METHOD

- 1. Break eggs into a medium bowl and beat with a fork. Add milk and cinnamon. Beat again with a fork.



- 2. Oil Electric griddle using a paper towel or a silicone pastry brush. Preheat electric griddle to medium high heat (350 F)- careful that the cord is not touching the griddle.



- 3. Dip bread into egg mixture. With a fork, turn bread over in bowl. Place bread onto hot griddle or frying pan. Cook until golden brown. Flip over with a plastic flipper and cook other side. Do not press down on bread while it is cooking.

- Place in box (or plate) and serve with fruit
- Here is what a table setting looks like

