

Breakfast

RECIPE CARD

Cinnamon French Toast (serves 4)

RECIPE NAME

Breakfast

MEAL TIME

15 minutes

PREP TIME

2-3 minutes

TIME TO COOK

Although the recipe calls for cinnamon - feel free to change it up a little with different calorie friendly toppings and flavours

NOTES

164kcal per serving

CALORIES

INGREDIENTS

- 4 eggs
- 120ml skimmed milk
- 2 level tsp sweetener granules
- 1 tsp ground cinnamon, plus extra to decorate
- 8 slices wholemeal bread from a small 400g loaf
- Low-calorie cooking spray
- 120g fat-free natural yogurt
- Mixed Berries

METHOD

☆☆☆ Mix together the eggs, milk, sweetener and ground cinnamon until well combined. Carefully place each slice of bread into the egg, until the bread soaks up the mixture.

☆☆☆ Spray a frying pan with low-calorie cooking spray and place over a medium heat. Fry the bread for 2-3 minutes on each side, or until your liking.

☆☆☆ Slice in half and divide between plates. Divide over the yoghurt and berries and dust with a pinch of cinnamon.