

French toast:

Ingredients:

1 egg

½ cup milk

¼ tsp. cinnamon

6 slices bread

Begin by whisking together the egg, milk, and cinnamon in a shallow bowl large enough to hold the toast.

In a medium non- stick pan, drizzle a little vegetable oil on a napkin and spread over pan.

Dip bread into the egg and milk mixture and place in the pan. Cook for about 2 minutes per side or until brown, flip and repeat.

Remove from skillet, place on a plate and cover with confectioners' sugar, and some fresh fruit. Top with some syrup if desired.