

French Toast

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Ingredients

2 eggs OR equivalent amount of egg substitute
1/2 cup milk – low fat okay
3 Tbls. all-purpose flour
1 tsp. vanilla extract
1/2 tsp. ground cinnamon
1 dash salt
6 slices bread

Directions

Beat all ingredients, except bread, with electric mixer.
Dip bread into egg mixture.
Fry bread in skillet over medium heat for 2-3 minutes on each side.