



VANILLA FRENCH TOAST

A wonderful breakfast experience.



PREP TIME
15 minutes



COOK TIME
15 minutes



YIELD
24 slices

DIRECTIONS

1. In a large bowl, whisk eggs to break up. Whisk in Silk, cinnamon, nutmeg and vanilla until well combined.
2. Heat a griddle or skillet over medium high heat and grease or butter.
3. Dip each bread slice into egg mixture, making sure to coat both sides well. Let excess drip off and add to the griddle. Cook for about 2 minutes or until bottom is golden, flip and cook other side until golden brown. Repeat with remaining ingredients.

TIP: If you need the French toast to be served all at once, be sure to keep the finished ones in a low oven to stay warm before service.

INGREDIENTS

8 large eggs
2 $\frac{3}{4}$ cups (650 ml) Silk Vanilla soy or almond beverage or Original Coconut beverage
1 tsp (5 ml) ground cinnamon
 $\frac{1}{4}$ tsp (1 ml) ground nutmeg
4 tsp (20 ml) vanilla or almond extract
24 slices day old French or brioche bread

Per serving (1 slice)

270	calories
8 g	fat
1.5 g	saturated fat
0 g	trans fat
38 g	carbohydrates
2 g	fibre
3 g	sugars
10 g	protein
65 mg	cholesterol
450 mg	sodium
150 mg	potassium
75 mg	calcium
2.5 mg	iron



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