



# Not your Average French Toast

My daughter and I love French toasts. But most French toasts are basically eggs and milk and that's about it. I always believe when we eat something it should have some type of nutritional value. So I thought about this thoroughly and came up with this recipe.

## Ingredients

- 2 Whole eggs
- 4 Egg whites
- 1/4 Cup milk
- 1/8 tsp nutmeg
- 1/2 tsp cinnamon powder
- 1/4 tsp almond extract
- 2 scoops protein powder
- 1 Tbsp chia seeds
- 2 Tbsp ground flax seeds
- 1/2 Cup applesauce
- 4 Tbsp coconut palm sugar
- 7-8 Slices of bread
- Warm maple syrup (optional)
- Berries (optional)

## Directions

1. Preheat your grill pan at 350 degrees.
2. In addition, preheat your oven to 270 degrees and line a baking sheet with a parchment paper.
3. Combine the first 11 ingredients in a large wide bowl.
4. Mix well.
5. Place your bread slices individually in the egg mixture and turn on both sides making sure the bread is completely covered in the egg mixture before removing.
6. Make sure to let any excess mixture drain off before adding the slices onto the heated grill.
7. Place slices on the heated grill and let brown before turning on the opposite side.
8. Once browned (cooked) on both sides remove from the grill and place onto the prepared baking sheet in the oven to keep warm.
9. Repeat steps 5, 6, 7, and 8 until all the slices have been completed.
10. Serve with warm maple syrup and berries.