



# FRENCH TOAST

MAKES 4-6 SERVINGS

## INGREDIENTS

1 BATCH [MARK HYMAN'S ANTI-INFLAMMATORY FLUFFY SANDWICH BREAD](#), CUT INTO 16 SLICES

2 PASTURE RAISED EGGS

4 OZ [WALNUT MILK](#) OR UNSWEETENED NUT MILK

1/2-1 TSP CINNAMON

1/8 TSP VANILLA EXTRACT, OPTIONAL

2 TSP ORGANIC GHEE

## METHOD

WHISK EGGS IN A MEDIUM BOWL OR DISH; ADD IN MILK, CINNAMON, AND VANILLA. SET ONE SLICE OF BREAD (OR AS MANY AS YOU CAN FIT) SO IT IS SUBMERGED IN EGG MIXTURE. ALLOW TO SOAK 1 MINUTE. MEANWHILE, HEAT LARGE SKILLET OVER MEDIUM HEAT, MELTING GHEE IN THE PAN. ARRANGE 4 SLICES IN PAN; COOK FOR 2-3 MINUTES, FLIP, AND COOK ANOTHER 2-3 MINUTES OR UNTIL GOLDEN BROWN. TOP WITH GHEE AND CINNAMON.

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