



French Toast

Maintenance/Treatment to be mixed into your french toast:

Wheat bread

Ingredients:

- Wheat bread maintenance/treatment dose
- 4 large eggs
- 2/3 cup milk
- 1/4 cup all-purpose flour
- 1/4 cup granulated sugar
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 8 slices of bread

Instructions:

1. Preheat griddle to 350F or skillet over medium heat
2. Add all ingredients, except the bread, to a blender or to a shallow dish and whisk well to combine. If whisking by hand, it's okay if the flour doesn't mix in completely smooth
3. Dip bread slices into the batter, dredging them well on both sides
4. Place bread on a hot, greased griddle or skillet
5. Cook for a few minutes, until the bottom of the bread, starts to get golden brown. Flip and cook on the other side the same
6. Remove to a plate. Serve warm with syrup and sprinkle powdered sugar (optional). Add your favorite fruit toppings.



Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Food Allergy Institute Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Wheat, Egg, Milk