

French Toast with Maple Syrup

A delicious sweet breakfast dish with a delightful balance of crunchy and soft textures.



Breakfast Dish

French

57 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 2 slices of bread
- 1 egg
- 2tsp of milk
- 2tsp of sugar
- 2tsp of butter
- Maple syrup to garnish

Steps

- 1 Beat the egg and milk together in a bowl.
- 2 Add the sugar and mix together.
- 3 Dip each side of the slice of bread into the egg mixture.
- 4 Place the slice of bread on a medium heated pan and cook each side until golden brown.
- 5 Add butter to the pan if desired and cook the French toast for approximately 2 minutes each side.
- 6 Plate the French toast, add the maple syrup, and serve.