



## French toast

Preparation time: 5 minutes

Cooking time: 5 minutes

### Ingredients for 1 person:

- 1 G nutrition bread
- 1 egg
- 10 ml of milk
- 1 sachet of vanilla sugar
- 10 g of butter
- Sugar in powder

### Directions:

- > Combine egg, milk and vanilla sugar
- > Slice the bread into small slices
- > Soak G nutrition bread slices in the mixture egg/milk/vanilla sugar
- > Melt the butter in a pan
- > Cook the bread slices 5 minutes on each side
- > Sprinkle with sugar and enjoy warm

### G NUTRITION BREAD



Exists also in flavor chocolate chips