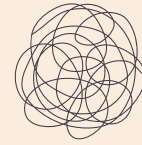




WHAT TO COOK WHEN YOU...
ARE ANXIOUS OR HAVE LOW APPETITE

Air Fryer French Toast



This could be your new number one go-to food when anxious. Great for breakfast or snacks, only 5 ingredients, quick to prep, minimal clean up and great for low appetite.



SERVES: 2

Breakfast suggestion: Serve 2 slices with your favourite toppings:

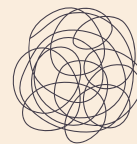
- Spreadable Philly & low sugar jam.
- Berry compote
- PB & banana
- Maple syrup
- Bacon
- Nutella
- Or just plain & toasty with butter!

DIETARY INFORMATION:

Can be made gluten and dairy free with substitution.

STORAGE:

Best enjoyed fresh.



INGREDIENTS

- 4 slices bread
- 3 large eggs
- 1/2 cup milk
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon (or 1tsp chai spice mix for chai French toast)

METHOD

STEP ONE: Spray your air fryer pan with olive oil spray.

STEP TWO: Whisk the eggs, milk, cinnamon, and vanilla extract in a small bowl until well combined.

STEP THREE: Dip each piece of bread into the mixture and let it soak for about 30 seconds. Gently shake the bread to remove any excess liquid.

STEP FOUR: Place the french toast one slice at a time in the air fryer pan and air fry for 5–6 minutes at 180 degrees. Flip them over and air fry another 5–6 minutes.

STEP FIVE: Serve warm with your choice of toppings.