



Breakfast
Recipe



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French Toast

Ingredients

- 1 egg
- 1/4th tsp, cinnamon powder
- 1 tbsp, milk
- 1 tsp, butter
- 2 whole wheat bread slices
- 1 tsp Sliced Raisins

Step by step

- Preparation
 - 0 mins
- Time total

Cooking Instructions

1. Make a mixture of eggs, cinnamon powder, sliced raisins and milk.
2. Heat the sauté pan and add the butter.
3. Dip bread in the mixture soaking both sides.
4. Place the slice on the pan and cook both sides until golden.
5. Serve the toast.
6. Taste best with plum sauce or maple syrup.

Nutritional values

- 2-3 Year olds
- Energy
13.33 kcal
- Protein
39.55% (RDA)*
- Calcium
4.85% (RDA)*
- Iron
14.2% (RDA)*

- 4-5 Year olds
- Energy
10.47 kcal
- Protein
32.86% (RDA)*
- Calcium
4.85% (RDA)*
- Iron
9.83% (RDA)*
- *Recommended dietary allowance

TIPS

- You can cut French toast into strips so as to make them as easy to eat finger food.
- You can also add mashed banana in the French toast and serve them banana sandwiches dipped in egg.
- Also if your kid isn't fond of sweet Toast you can cook the same with some vegetables like onion, tomato, capsicum and may be grated cheese and serve him savory ones.