

## French Toast with Berries

*Recipe from Tilth Alliance*  
Makes 2 servings

### Ingredients

1 tablespoon butter or coconut oil  
2 eggs  
3 tablespoons milk  
1/4 teaspoon cinnamon (optional)  
1/2 teaspoon vanilla (optional)  
4 slices of bread  
1/2 cup blackberries, raspberries, blueberries,  
or sliced strawberries



Photo credit: Good Housekeeping website

Optional toppings: maple syrup, fruit jelly or syrup, nut or seed butters

### Instructions

Place a frying pan on stove over medium-low heat and melt butter or coconut oil in the pan.

Mix the eggs, milk, cinnamon and vanilla (if using), in a pie pan or round baking dish. Dip one slice of bread in the egg mixture and flip so both sides are coated with the egg mixture.

Place the dipped bread into the hot pan and let it cook for about 1 minute, until bottom is golden brown. Flip bread and cook the other side for another minute, or until golden brown.

Remove from the pan and repeat with the other 3 slices of bread. Top with berries and other toppings of choice.

### Note:

- To make the recipe dairy free, use coconut oil and substitute milk with an alternative such as almond, soy, coconut, or cashew beverages. Ensure the bread is dairy free.
- To make the recipe gluten free, use a gluten-free bread.
- Day old breads that are starting to get dry make great French toast!