

No-Guilt French Toast

INGREDIENTS

- 1 tbsp coconut oil
- 2eggs
- 1/3 cup milk reg or non dairy
- 1 tsp cinnamon
- 2 tbsp orange juice
- 4 slices organic bread or gluten free bread
- 1 tsp vanilla
- 4 tbsp plain yogurt
- 1 cup strawberries, stems removed and sliced



DIRECTIONS

Put 1/2 of oil in a pan and meet over med. heat. in a large flat bowl. mix together, eggs, milk, cinnamon and orange juice. Place bread into egg mixture, flip and then place in pan. Do this with another piece of bread. Cook until browned on each side. Set aside and keep warm. Add removing oil into pan and melt. Put remaining 2 pieces of bread into egg mixture and put in pan and brown on both sides. Remove from pan and keep warm. In small saucepan place strawberries and cook covered until soft and juices are released. Add vanilla and yogurt and stir. Continue heating over low heat until warmed. Place french toast on 4 plates and top with strawberry and yogurt.

The
Fresh Table

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