



SAVE  MORE  
THAN FOOD  
MAKE A DIFFERENCE

# FRENCH TOAST WITH BERRIES

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## FOOD SAVING HACKS

Don't toss day-old bread! Stale bread will absorb better making your French toast tastier!

### INGREDIENTS



8 slices  
of bread



4 large  
eggs



2/3 cup  
milk



1-2 cups  
of frozen berries



½ tsp ground  
cinnamon



1 tsp vanilla  
extract (or  
almond or  
rum extract)



Maple syrup of  
powdered sugar,  
for serving



Pinch  
of salt

**OPTIONAL:** 2 tbsp of sugar or honey & ¼ tsp ground nutmeg or cardamom

### INSTRUCTIONS

1. In a large bowl or shallow dish, whisk together eggs, milk, vanilla extract, cinnamon, salt and any optional sugar, nutmeg or cardamom until well combined.
2. Heat a lightly buttered griddle or skillet over medium heat until the butter foams and bubbles subside before adding the bread.
3. If using fresh bread, lightly toast it to allow better absorption. Skip this step if using stale bread.
4. Dip each slice of bread into the custard mixture so both sides are fully coated. Allow the bread to soak until well-saturated.
5. Cook the soaked bread 1-3 minutes per side, or until golden brown. Work in batches to avoid overcrowding the pan, adding more butter as needed.
6. While the French toast cooks, warm the frozen berries in a saucepan with a little water. Mash with a fork and cook until saucy.
7. If you prefer whole fruit, defrost frozen berries by laying them on a paper towel and letting them sit at room temperature until thawed, or microwave them.
8. Serve hot, topped with the warmed berries and a drizzle of maple syrup or an optional dusting of powdered sugar.

**SAVE MORE THAN FOOD!** Make homemade powdered sugar by blending granulated sugar until it reaches a powdery consistency.