

## *Chat N Chew*

### *Christmas*

#### Whole Wheat French Toast

- 2 egg whites
- 1 egg
- $\frac{3}{4}$  cup Almond coconut milk
- Vanilla extract
- Pinch of salt
- Cinnamon
- Sprouted wheat bread
- Frozen berries
- Maple syrup

Spray pan with cooking oil. Whisk the eggs, milk, vanilla, salt, and cinnamon together. Dip both sides of your bread in the egg mixture and lay in pan. Fry both sides of the bread. Microwave your frozen berries and place them on top of the French toast. Sprinkle a little maple syrup on top and enjoy!