



french toast

1/4 cup flour
1 cup milk
3 eggs
1/2 tsp nutmeg
1 tsp ground cinnamon
1 tsp vanilla extract
1-1/2 tbs granulated sugar
6 slices bread
optional:
powdered sugar
bananas or other fruit
whipped cream
syrup

1. in a large bowl, whisk or use a hand mixer to mix together the flour, milk, eggs, nutmeg, cinnamon, vanilla and sugar until smooth.
2. heat a griddle or frying pan on medium heat. if desired, lightly oil the pan's surface (i use pam).
3. dip each slice of bread in the mixture until saturated. cook each side until golden brown.
4. optional - top with powdered sugar, fruit and some whipped cream. serve with syrup if desired.

makes 3 servings - enjoy! =)

<http://www.oncupcakemoon.com/recipes/frenchtoast.pdf>