



Sindy's Sweet Treat

French Toast served with fresh berries and maple syrup

2 servings



Prep: 5 mins

Cook: 15 mins



Easy

Sindy Cheung is a Disability Adviser in the Wellbeing Disability and Neurodiversity Services.

Why did you choose this recipe to share? I'm a sweet tooth! I love how versatile you can be when making French Toast as the options are endless! You can go sweet, savoury or both and get really creative! You can have this as a sweet treat or a satisfying breakfast/brunch. It's also easy to make and doesn't require much cooking so it's great for amateurs like me!

What's your advice for new students? Really get the most out of your student experience by joining societies, clubs or perhaps take part in sports or do some volunteering - all these are great ways to make new friends and discover new hobbies/interests!

Method

1. Crack the eggs into a bowl, then add a splash of milk.
2. Add a few drips of vanilla extract and a pinch of cinnamon (or a bit of salt and pepper if you're going savoury) and whisk the eggs with a fork.
3. Soak slices of bread in the egg mixture for a couple of minutes, turning halfway.
4. Melt a knob of butter in a hot frying pan, then add the bread. Cook for a few minutes, without moving the bread, until golden.
5. Use a spatula to carefully flip the bread over and cook until golden on both sides.
6. Transfer to a plate and top with fresh berries and a drizzle of maple syrup.

Ingredients

- 2 large free-range eggs
- milk
- vanilla extract
- ground cinnamon
- 2 slices of bread - I went with brioche!
- unsalted butter or olive oil
- 1 handful of fresh berries (blackberries, blueberries, strawberries), to serve
- maple syrup, to serve
- icing sugar, optional



You can also serve this with yoghurt or even go savoury and try crispy smoked bacon and a drizzle of maple syrup...the options are endless!