



BERRY FRENCH TOAST

This French Toast is perfect for breakfast, brunch, or dessert. Top with berries, nuts, or seeds for extra goodness!

 4 portions

INGREDIENTES

- 285 ml of milk, semi-skimmed
- 2 tbsps, ground flaxseed [21g]
- 1/4 teaspoon of ground cinnamon
- 2 medium eggs, chicken, white, raw [64 g]
- 8 medium slices de bread, white, average [288 g]
- 40 gramos de blueberries
- 1 medium unit [7" to 7-7/8" long] de bananas, raw [118 g]
- 15 gramos de peanut butter

MÉTODO DE PREPARACIÓN

- 1º Combine the milk, flax seeds,, cinnamon, and eggs in a blender. Blend until smooth. Transfer the batter to a shallow bowl.
- 2º Heat a non stick frying pan or griddle over medium-high heat. Working in batches, dip the bread slices into the batter, coating both sides, then place in the hot pan, and cook until golden brown on each side, turning once.
- 3º Keep the cooked french toast warm in the oven set to its lowest temperature while you finish cooking the rest.
- 4º Serve with berries, chopped bananas, and peanut butter

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORTION [208 g]	% DDR
ENERGÍA	140 kcal	291 kcal	15 %
GRASA	3 g	7 g	11 %
GRASAS SATURADAS	1 g	1 g	7 %
COLESTEROL	2 mg	4 mg	1 %
SODIO	175 mg	363 mg	15 %
H. CARBONO	23 g	48 g	16 %
AZÚCARES	5 g	10 g	—
FIBRA ALIMENTARIA	2 g	5 g	19 %
PROTEÍNA	6 g	13 g	—