

# 🍴 HEALTHY FRENCH TOAST 🍴

**Prep Time:** 10 min | **Cook Time:** 10 min | **Servings:** 2 | **Difficulty:** Easy | **Diet:** Vegetarian



## Ingredients

- 4 slices brioche bread or sandwich bread
- 1 egg
- 4 tablespoons plant-based milk (60 ml)
- ground cinnamon, to taste
- 1 teaspoon ghee for cooking (5 g)
- 1 cup fresh strawberries, chopped (150 g)
- 2 tablespoons of water (20 ml)
- 1/2 cup Greek yogurt (120 g)

## How to make step by step

### 2. Prepare the French Toast Mixture

- In a shallow bowl, whisk together the egg, plant-based milk and cinnamon
- Dip each slice of bread into the mixture
- Let the bread absorb the mixture on both sides without becoming too soggy

### 1. Prepare the Strawberries

- Wash and chop the fresh strawberries into small pieces
- Add them to a nonstick pan with a small splash of water
- Cook for a few minutes over medium heat until soft and lightly caramelized
- Set aside while you prepare the French toast

### 3. Cook the French Toast

- Heat a nonstick pan over medium heat
- Add the ghee and let it melt
- Cook the bread slices for about 2–3 minutes per side
- Flip once golden, lightly crisp, and cooked through

### 4. Assemble and Serve

- Place the warm French toast on serving plates
- Add Greek yogurt on top or on the side
- Spoon over the warm caramelized strawberries
- Finish with extra cinnamon if desired and serve immediately

👉 Video recipe: [https://youtu.be/YvaIA\\_kM9-A](https://youtu.be/YvaIA_kM9-A)