

## French Toast

### Ingredients

- o 4 organic eggs
- o ¼ cup rice milk
- o 1 tablespoon coconut oil
- o 4 slices whole grain bread
- o 1-2 teaspoon cinnamon
- o 2-4 tablespoon maple syrup

### Why It's Good For You

Eggs are an excellent source of protein, B vitamins, Vitamin A, zinc and iron.

Eggs contain all amino acids.

Spelt bread is an alternative source of wheat that is easy to digest and high in fiber, complex carbohydrates and protein.

### What You Do

1. Whisk the eggs while adding cinnamon and rice milk
2. Dip each slice of bread into the egg mixture
3. Heat a non stick skillet, cook bread until brown and crispy on both sides
4. Serve sprinkled with cinnamon and maple syrup.
5. ENJOY!