



The Average Rose

Simple Whole Wheat French Toast

INGREDIENTS

- 4 slices of 100% whole wheat bread
- 2 organic large eggs
- 250g organic whole milk
- 1 tbsp butter

INSTRUCTIONS

1. Whisk the eggs gently, add in milk, and mix them well.
2. Dip bread one slice at a time into egg mixture until it fully absorbs the liquid
(not like how my brain works as a dysfunctional sponge that never fully soaks up knowledge).
3. Melt butter in a nonstick skillet with medium heat.
4. Fry each slice of bread on medium heat until they're golden brown on both sides.
5. Glaze the French toasts with honey and serve them with seasonal fruits that you love.