

# Microwave Mug French Toast



Makes 2 Servings

## Ingredients

- 1/2 cup milk
- 2 large eggs
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 6 slices stale whole wheat bread, torn into 1-inch pieces
- 4 tablespoons fresh or frozen blueberries (optional)
- Syrup, for serving

## Directions

1. Coat a small microwave-safe mug with nonstick cooking spray. Add milk, egg, cinnamon and salt and beat with a fork to mix. Place bread in mix, turning to coat.
2. Microwave on high, for 2 to 3 minutes until set. Top with blueberries (if using) and syrup. Serve and enjoy.

Recipe from: Feeding PA and PA Eats

