Microwave Mug French Toast

Makes 2 Servings

Ingredients

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

Directions

- 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



PA Healthy Pantry Initiative A project of Feeding PA

feedingpa.org/hpi

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