

French Toast

You Need:



1 egg



2 Tb. milk



2 slices bread



Pam spray



pinch
salt



syrup



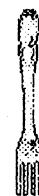
Tablespoon



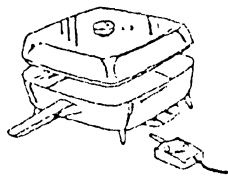
pie plate



spatula



fork



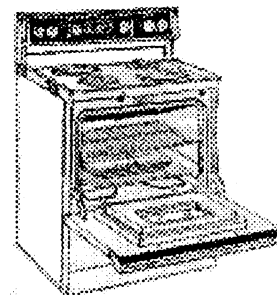
electric frypan

OR



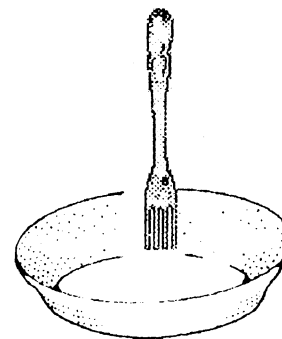
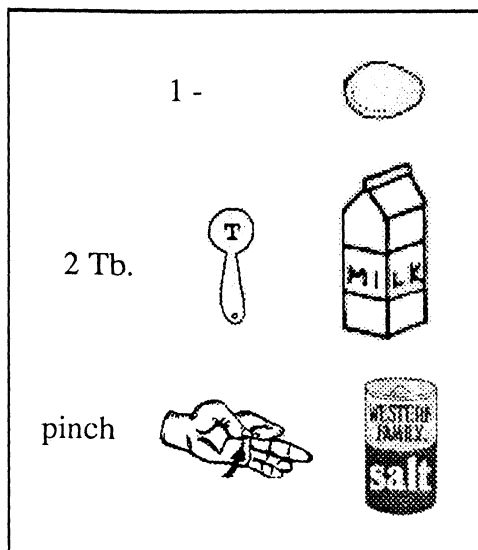
frypan

and



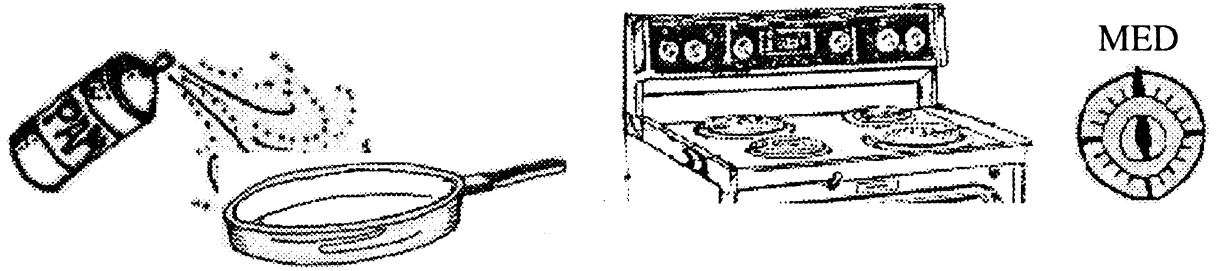
stove

1.



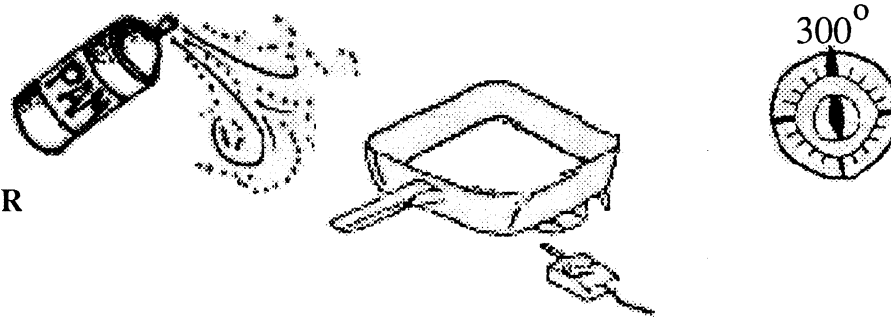
Crack 1 egg, add 2 Tb. milk and a pinch of salt to a pie plate.
Using a fork, mix together well.

2.



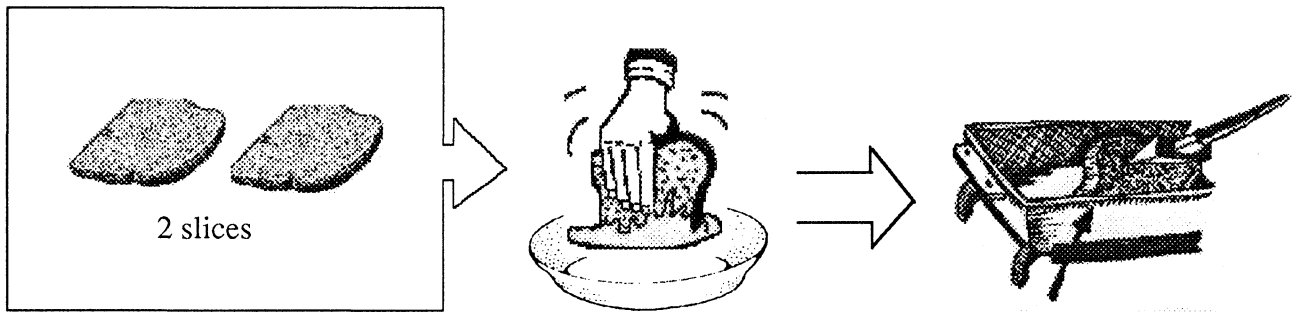
Spray frypan with Pam spray. Put frypan on stove. Turn stove to MEDIUM heat.

OR



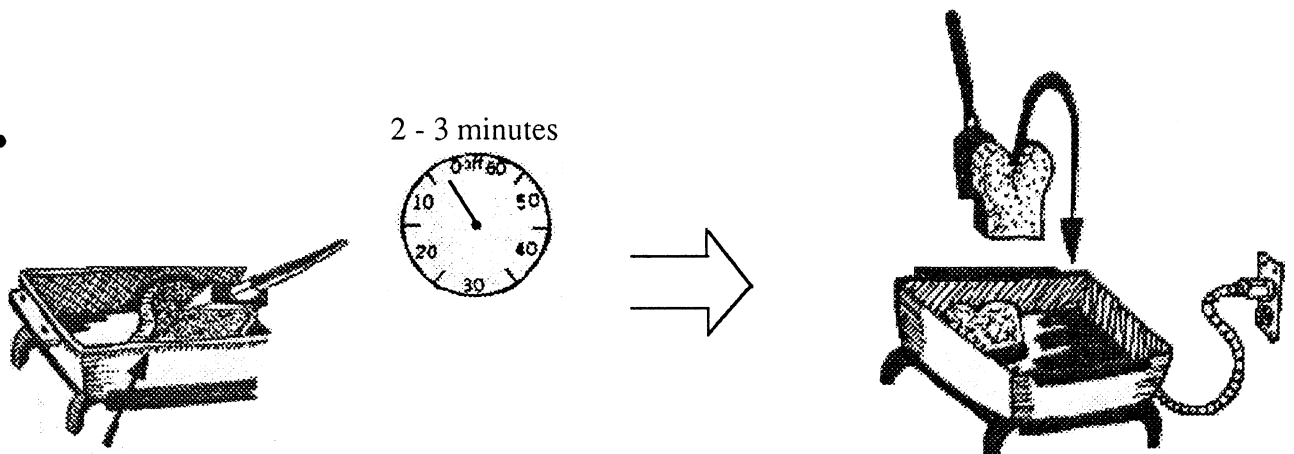
Plug in electric frypan. Turn electric probe to 300°.

3.



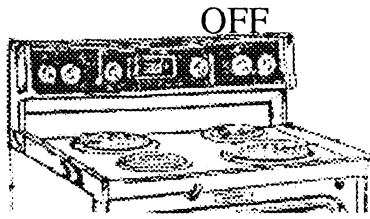
Dip bread down into mixture quickly on both sides and put into frying pan to cook.

4.

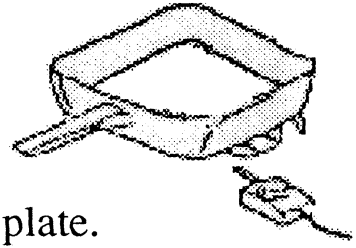


Cook 2 - 3 minutes or until brown on bottom side.
 Turn over to cook on the other side 2 - 3 minutes or until brown.

5.



OR



When cooked, remove from frypan and put on plate.
Turn OFF stove or unplug and turn OFF electric frypan.

6.



Serve with butter and syrup.



FRENCH TOAST

You Need:

1 egg
2 Tb. milk
pinch of salt
2 slices bread
Pam spray

Tablespoon
pie plate
fork
spatula
electric frypan
OR
frypan and stove

1. Crack 1 egg, 2 Tb. milk, and a pinch of salt into a pie plate. Using a fork mix together well.
2. Spray frypan with Pam spray. Put frypan on stove. Turn stove to MEDIUM heat. **OR** Plug in electric frypan. Turn probe to 300^o.
3. Dip bread down into mixture quickly on both sides and put into frypan to cook.
4. Cook 2 - 3 minutes or until brown on bottom side. Turn over to cook on the other side 2 - 3 minutes or until brown.
5. When cooked, remove from frypan and put on plate. Turn OFF stove or unplug and turn OFF electric frypan.
6. Serve with butter and syrup.