

# French Toast

## You Need:



1 egg



2 Tb. milk



2 slices bread



Pam spray



pinch  
salt



syrup



Tablespoon



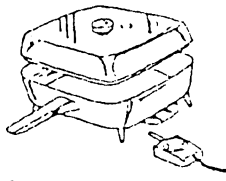
pie plate



spatula



fork



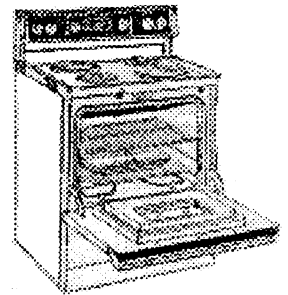
electric frypan

OR



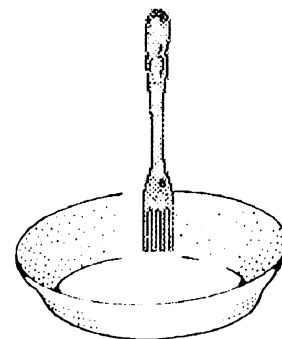
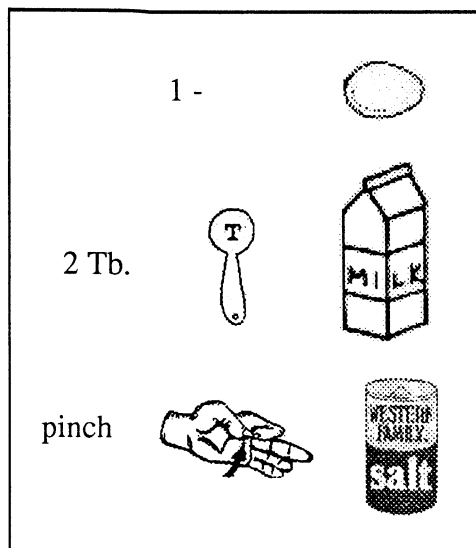
frypan

and



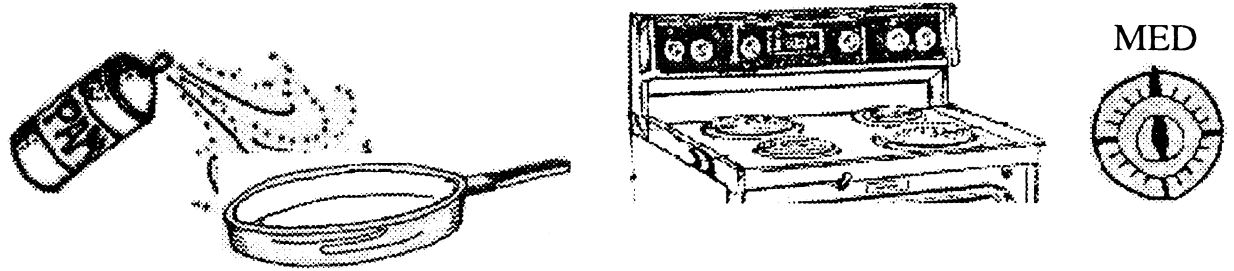
stove

# 1.



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

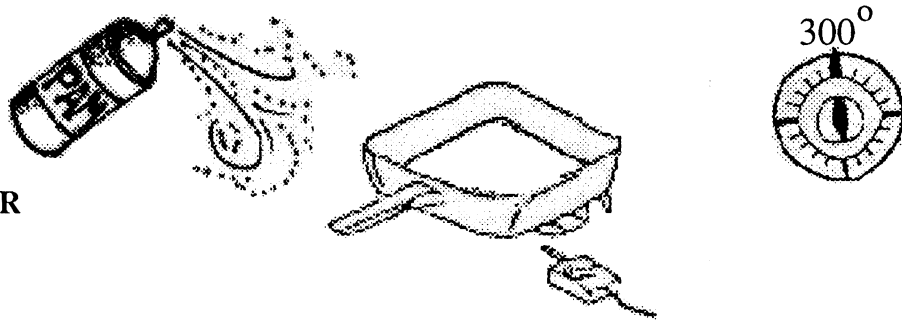
2.



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

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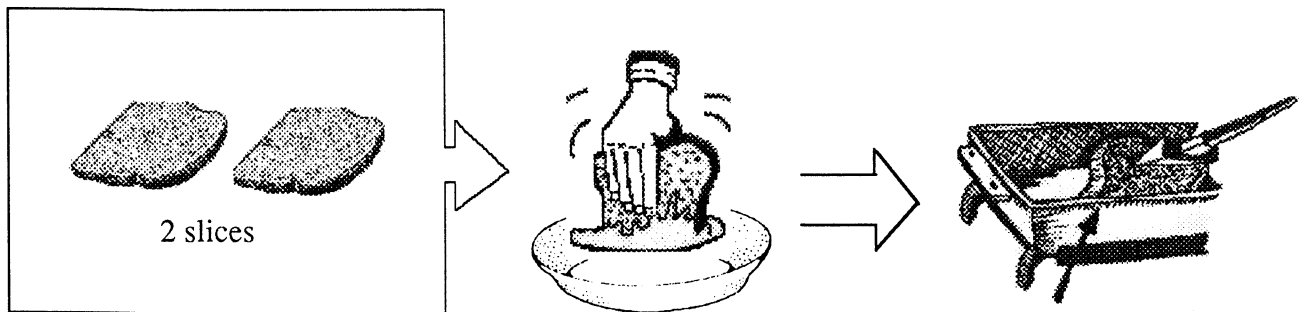
OR



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

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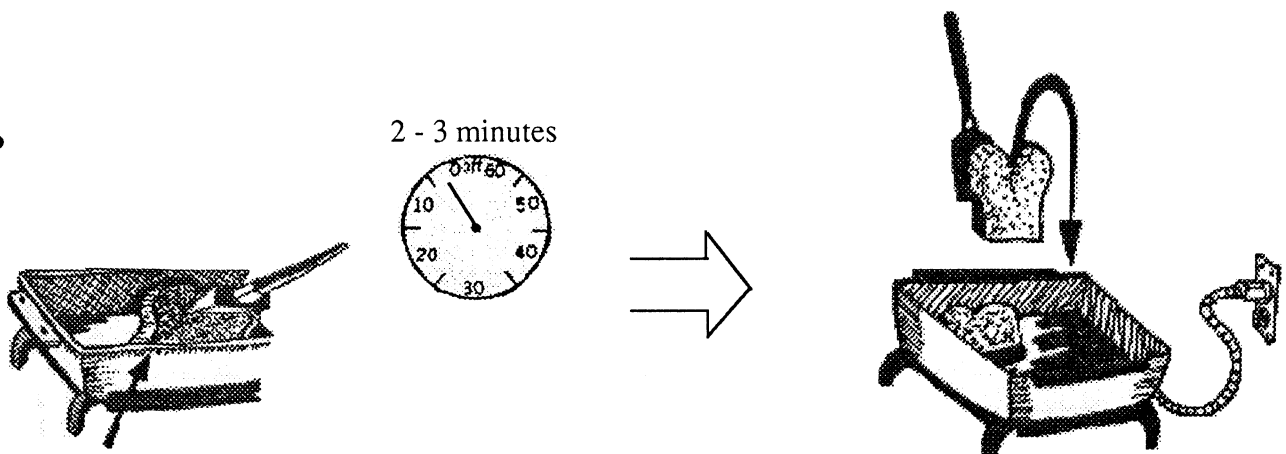
3.



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

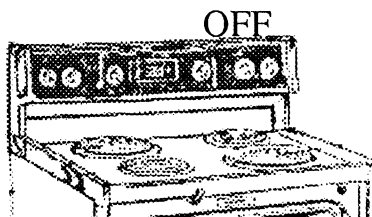
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4.

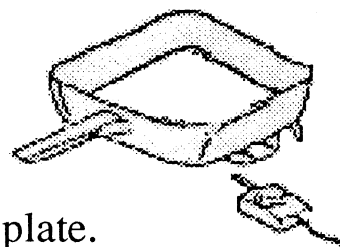


Cook 2 - 3 minutes or until brown on bottom side.  
Turn over to cook on the other side 2 - 3 minutes or until brown.

5.



OR



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

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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°.
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.