NORTH LONDON WASTE AUTHORITY

Eat like a Londoner



French Toast

This recipe is particularly fantastic as it uses up three of the big hitters in food waste: bread, eggs and milk.
As an added bonus - it's even better if the bread you use is slightly stale!

This is a great go to for a quick weeknight sweet treat, but if you swap out the nutmeg and cinnamon for other herbs or spices of your choice it can be an excellent savory snack as well!

Similarly, what you put on top is really up to you! A bit of syrup or honey is enough to turn this into a great dessert, but you can also top it with any fruit you have that needs using up, or a bit of grated cheese if you want to make it savory instead.

NORTH LONDON WASTE AUTHORITY

Eat like a Londoner

Ingredients

- 4 small eggs
- 300ml warm milk
- 4 slices stale white bread
- A pinch of nutmeg
- 1/2 tsp of cinnamon
- 1 small knob of butter
- Honey/syrup to serve

Prep time:
5 mins

Cooking time:
2 mins

Serves:
4

Recipe

1: Warm the milk, then mix together with the beaten egg and nutmeg and cinnamon in a shallow plate or bowl.
2: Put one of the bread slices into the mixture and turn over, ensuring both sides are well coated. Allow to soak for a minute.
3: Heat a large non-stick frying pan and add the butter. When the butter is frothy, add the bread slices and fry over a high heat for 1 minute on each side. When they are golden on both sides drizzle with honey and serve immediately.

