

Gluten Free French Toast



- Time:** 25 minutes (prep 10 minutes, cooking 15 minutes)
- Serves:** 1-2
- Ingredients:** 2 slices gluten free bread
1 egg, beaten
¼ cup dairy free milk such as coconut milk, hazelnut, or almond milk
¼ teaspoon cinnamon
¼ teaspoon cardamom
¼ teaspoon salt
¼ teaspoon vanilla extract
2 tablespoon ghee
1 tablespoon honey

Topping

Ingredients: Strawberries, blueberries, raspberries, lemon zest

Directions:

1. Combine eggs, milk, cinnamon, cardamom, salt, and vanilla extract in a bowl and whisk until thoroughly blended.
2. Dip slices of bread into egg mixture. Coat both sides of the bread, allowing it to soak up as much of the mixture as it will hold.
3. Heat 1 tablespoon ghee on medium-high heat in a skillet and fry bread slices until golden brown on both sides.
4. Serve with ghee, honey, berries, and lemon zest.