

Chocolate French Toast

Prep Time: 5 Minutes

Cook Time: 10 Minutes

Serves 1

This indulgent breakfast dish offers a filling, sweet but healthy alternative. Can be paired with strawberries for added flavour and to give 1 of the 5 a day.

Ingredients:

2 slices of wholemeal bread
 ½ tbsp chocolate hazelnut spread
 1 egg

¼ tsp ground cinnamon
 1 tsp vanilla extract
 ¼ tsp ground nutmeg
 ½ tbsp granulated sweetener
 Low calorie cooking spray



Method:

1. Mix the egg, spices and sweetener in a shallow dish.
2. cut the crusts off the bread and spread the chocolate spread evenly on once slice of the bread. Then place the second slice on top of this to create a sandwich.
3. Add this sandwich to the egg mix leaving it to soak up the egg and spices for a minute, then turn for another minute to soak on the opposite side.
4. Place a frying pan on a medium heat and spray with low calorie cooking spray. Place the eggy chocolate sandwich into the pan and fry on each side for about 3 minutes until golden and crisp.
5. Serve immediately.

Helpful tips:

- When serving garnishes such as berries could be added or possibly oranges to create a chocolate orange flavour. This is a great way to incorporate some fruit and getting 1 of the 5 a day into the dish.
- Standard advice in the UK is that to cook food until it reaches 70°C for 2 minutes, this ensures that the food product is safe to consume.
- The recipe can be easily increased to serve more.
- Once cooked ideally should be eaten within 4 hours however if you have leftovers once cooled they can be

refrigerated for up to 3 days ensuring that it is kept in an air tight container.