

Snack of the Day: French Toast in a Mug

Ingredients:

- ★ 2 Slices of bread
- ★ 1 egg
- ★ 1 TBSP of butter
- ★ 1/4 TSP cinnamon
- ★ 1/4 TSP vanilla extract



Utensils needed

Microwave, Mug

Steps

1. Gather all ingredients
2. In a large mug, melt butter to coat the cup (or spray with non-stick spray)
3. In the mug whisk an egg with a fork until well blended
4. Sprinkle egg with cinnamon and add vanilla
5. Cut or tear bread into bite size pieces and add to egg mixture—press down into the egg mixture to coat bread
6. Microwave on high for 60 seconds (or until egg is cooked)
7. Drizzle with syrup
8. ENJOY!