

From *Gluten-Free Nosh* at www.glutenfreenosh.com
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<http://glutenfreenosh.com/2013/12/16/gluten-free-french-toast>

Gluten-Free French Toast

(gluten-free, dairy or dairy-free)

[By Gluten-Free Nosh](#)

Ingredients:

- 2 eggs
- 1/4 cup milk or dairy-free milk alternative
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 6 slices gluten-free bread
- 1 tablespoon butter or margarine

Method:

1. In a shallow bowl, beat eggs well. Beat in milk, vanilla extract, cinnamon and nutmeg.
2. Place a slice of bread in the egg mixture and let sit for 30 seconds to soak up the egg. Poke bread with tines of a fork several times to help the egg penetrate the bread. Flip and repeat on the other side.
3. Melt 1 tablespoon of butter in a frying pan or griddle pan over medium heat. Place several slices of egg-coated bread in the pan and cook until golden brown, about 3 minutes. Flip and cook until the other sides are golden brown.
4. If you are cooking a second batch, add more butter to the pan before adding the bread.
5. Serve warm with fresh fruit and pure maple syrup.

Yield: 6 slices