

# French Toast *with* *Ricotta & Maple Syrup*

*serves 4 – 6*

## INGREDIENTS

### FRENCH TOAST

3 eggs

1 cup (250 ml) milk

Pinch of sea salt

¼ tsp. ground nutmeg

1 tbsp. vanilla sugar

6–8 thick slices of bread  
(e.g. sourdough wheat  
bread)

Butter for frying

### TOPPINGS

½ cup (100 g) ricotta cheese

Maple syrup

Fresh fruit (e.g. blueberries,  
strawberries, peaches)

*Some say french toast is only as good as its toppings, others that it's only as good as its bread. Combine the best of both for an updated classic with a gorgeous finish.*

Whisk together the eggs, milk, and spices in a baking dish or shallow bowl until fully combined and fluffy.

Heat the frying pan over medium heat and add a tablespoon of butter.

Separately place each slice of bread into the egg mixture, give it a good soak on each side, and place directly into the frying pan. Cook for approximately five minutes on each side, or until golden brown. Remove the toast from the frying pan, and allow to cool for a couple of minutes. Serve with a dollop of ricotta, maple syrup, and plenty of fresh fruit on the side.

Level Easy

Preparation time 10 min

Cooking time 20 min

