

No-Guilt French Toast

Ingredients:

- 1 tblsp coconut oil
- 2 eggs
- 1/3 cup milk reg or non dairy
- 1 tsp cinnamon
- 2 tblsp orange juice
- 4 slices organic bread or gluten free bread
- 1 tsp vanilla
- 4 tblsp plain yogurt
- 1 cup strawberries, stems removed and sliced

Directions:

Put 1/2 of oil in a pan and heat over med. heat. in a large flat bowl. mix together, eggs, milk, cinnamon and orange juice. Place bread into egg mixture, flip and then place in pan. Do this with another piece of bread. Cook until browned on each side. Set aside and keep warm. Add remaining oil into pan and melt. Put remaining 2 pieces of bread into egg mixture and put in pan and brown on both sides. Remove from pan and keep warm. In small saucepan place strawberries and cook covered until soft and juices are released. Add vanilla and yogurt and stir. Continue heating over low heat until warmed. Place french toast on 4 plates and top with strawberry and yogurt.

Serves 4