

Valentine's Day French Toast

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/valentine-s-day-breakfast-recipe-ideas>

Ingredients:

- 4 large eggs
- 15/16 cup milk
- 1 teaspoon cinnamon extract
- 1 tablespoon sugar
- 1 slice bread I used Hovis best of both
- 1 tablespoon butter
- 2 1/4 cups strawberries
- 1/2 vanilla extract a teaspoon of
- 1 tablespoon sugar
- 1/2 canela a teaspoon of
- 2 tablespoons water
- maple syrup optional
- bacon optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 225 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 210 milligrams
9. Sugar: 20 grams

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