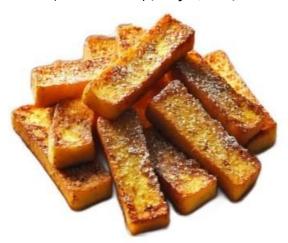
French Toast Dippers

The amount the recipe makes can vary greatly depending on bread loaf size



Ingredients

6 eggs

½ tsp Nutmeg

1 tsp cinnamon

2 tbsp stevia or sweetener

1/4-1/2 Cup Milk

½ tsp vanilla extract

1 loaf of bread

(Hawaiian bread turned out amazing!)

Dipping sauce:

2 tbsp Stevia

6 cups of fresh or frozen fruit

Any fruit will work

Directions:

- 1. Crack 6 eggs into a bowl or casserole dish and whisk until smooth
- 2. Stir in nutmeg, cinnamon, milk, and vanilla extract until fully combined
- 3. Slice your bread into \(\frac{3}{2} \text{inch thick pieces.} \) Or use pre-cut bread
- 4. Dip each slice into the egg mixture, coating it evenly but not soaking it.
- 5. Place the coated slices onto a lightly greased griddle or pan. Cook until golden brown on both sides
- 6. Try to achieve a balance with a crispy exterior while keeping the inside soft and tender.
- 7. Once cooked, cut the French toast into strips or wedges about the width of your finger
- 8. Add parchment paper to your trays
- 9. Make a single layer of sliced french toast pieces on your trays (you can fully cover the tray)

Make the dipping sauce:

- 1. Add about 4 cups of berries of your choice to a blender with a bit of water; blend until smooth
- 2. For a sweeter sauce, add about 2 tbsp of stevia to the berries and blend again
- 3. Place parchment on your trays
- 4. Pour dipping sauce onto trays
- 5. Place dividers (if you choose). We like to use 40 portions per tray

Freeze dry:

- 1. Pre Freeze when possible
- 2. Freeze dry (my cycle time was 20 hours)
- 3. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration: You can eat the french toast sticks freeze-dried. To rehydrate them, add a little syrup or dipping sauce to a bag with the french toast sticks and allow to sit for 15 minutes or more. To rehydrate the sauce, add 2 tbsp of cold water to 1 of the divider portions or about ½ cup of the freeze-dried dipping sauce. Stir and enjoy

Notes: For camping or on-the-go eating, add small sealed pouches (made from mylar bags) of syrup to your mylar bag with the french toast

Calories: 164 Protein: 7 g Fat: 5 g Carbohydrates: 23 g Sugar: 9 g Fiber: 1 g