

# 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  
¼-½ 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 ¾-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 ¼ 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

## Nutritional Value Per 1 slice of Hawaiian bread french toast

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