

French Toast Dippers With Syrup and Fruit Dipping Sauce

This recipe can vary greatly on yield due to bread loaf size and type used (mine was about 2 medium trays per loaf for reference) *

[Live Life Simple's French Toast Dippers with Syrup and Fruit Dipping Sauce](#)

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 (we used Hawaiian bread and it was amazing!)

Dipping Sauces
 (see below)



Directions:

1. Crack 6 eggs and scramble in a bowl or casserole dish
2. Add Nutmeg, cinnamon, milk & vanilla to the eggs and mix
3. Slice bread into ¾" thick slices, dip into egg mixture only long enough to coat the slice of bread
4. Add to a lightly oiled or coated griddle or pan and brown on each side
5. Try to leave some tenderness if possible (crispy on the outside, tender on the inside)
6. Slice cooked french toast into strips or wedges about the width of your finger
7. Add sticks to a parchment lined freeze dryer tray.
8. Freeze dry with sauces (on separate trays) if desired
9. For your dipping sauce, make a puree from strawberries, blueberries, bananas or other fruit of your choice and add stevia or sweetener if desired (for more ideas, reference our video). Use dividers to portion dipping sauce. You can also package syrup, honey, pb2 into small packets made with your sealer and a mylar bag

Cycle Time: 20 hours in the medium freeze dryer with premiere pump

Rehydration: Eat these freeze dried with dipping sauces or rehydrate with sauce or syrup for about 20 minutes. Or overnight with a damp paper towel in a ziplock.



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* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray

Cycle times & rehydration for reference only