

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)
- 10. Make the dipping sauce:**
11. Add about 4 cups of berries of your choice to a blender with a bit of water; blend until smooth
12. For a sweeter sauce, add about 2 tbsp of stevia to the berries and blend again
13. Place parchment on your trays
14. Pour dipping sauce onto trays
15. Place dividers (if you choose). We like to use 40 portions per tray
16. Pre Freeze when possible
17. Freeze dry (my cycle time was 20 hours)
18. 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

www.freezedryingcookbook.com