

## **Gingerbread French Toast**

4 slices bread (Nature's Own Wheat + Protein or Ezekiel)

2 eggs

½ cup unsweetened almond milk

1 ½ Tbsp sugar free maple syrup

1 packet Stevia or Truvia

1 tsp vanilla

1 ½ tsp ginger

½ tsp nutmeg

2 tsp cinnamon

Pinch of salt

Whisk all ingredients together except for the bread. Soak bread in the liquid mixture, then cook each side on a griddle or in a skillet with a little bit of coconut oil for about a minute (or until mixture is cooked and lightly brown). Top with sugar free syrup or fruit, if desired.

Adapted from recipe by Jar of Lemons at <http://www.jaroflemons.com>