

French Toast

amount	ingredients
10 pieces	toast bred / it can be older one
3 pieces	BIO eggs/ M
200 ml	cream
8 g	Bourbon vanillasugar
1 piece	vanilla
1 TL	cinnamon
1 TL	Ginger bred spice
2 TL	Sesame seeds
3 pieces	bananas
3 EL	Almond cream
1 Stück	butter oder coconut oil
	treetop lemon balm honey
	raspberries as deco
	cinnamon, vanilla, star anis -spice

Zubereitung:

1

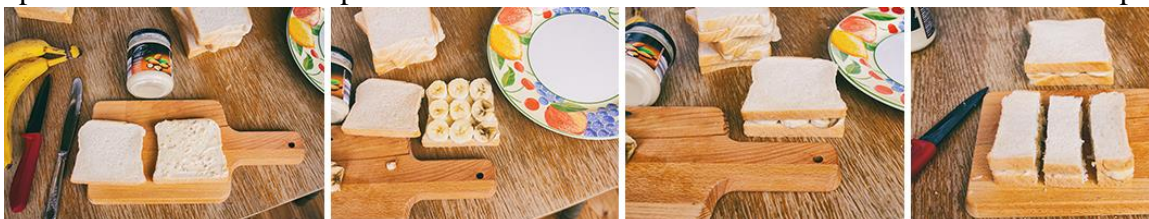
Peel and slice bananas.



2

Always take two slices of bread and coat one with almond cream.

Spread banana slices on top and cover with the second slice of bread. Cut into three strips.



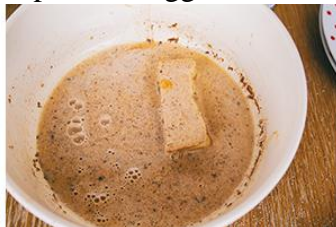
3

Mix cream, eggs, spices, sesame seeds, vanilla sugar and a peeled vanilla pod and mix well.



4

Turn the bread strips in the egg mixture and let them soak.



5

Heat butter or coconut oil in a pan and fry soaked bread strips over medium heat.



6

To serve, dust with powdered sugar and cinnamon, vanilla, star anise spice, decorate with raspberries and drizzle honey with treetop lemon balm.

Add a glass of milk and the perfect meal is ready.





Lucina's tips:



You are welcome to use older bread.

Soak properly, then fry until crispy.



I wish you good luck and

buon appetit..!!

you're Lucina Cucina