

MICROWAVE COOKED POWER FRENCH TOAST



TIPS:

1. **The coolest thing** about making French toast in the microwave oven is using the same bowl to mix, cook and eat it from - which greatly cuts down on cleanup afterwards – with no compromise in flavor.
2. **Nutritionally**, I love that this easy to make dish combines complex carbohydrates with protein, good fat and fresh fruit for a sustained energy burn, which is good in general and great if

you're using it to fuel up for physical or athletic activity - like a good rip on the bike!

3. Making it your own: Just below the “Needed” picture you’ll see a smaller picture of some other optional possible French toast toppings that include cereal, sliced or chopped nuts, dried fruit, chocolate chips, chocolate spread and cookie spread. Bottom line: it’s all about imagination and taste - so, have at it and make it all yours!

Preparation Time: 2-3 minutes

Cooking Time: about 1 1/2 minutes

Needed

(per person)

1 Slice of Bread (I’m using a leftover hunk of whole grain bread, but any bread will work)

1 Egg

Splash of Milk

Dash of Salt (optional, but helps make eggs fluffy)

Shot of Vanilla Extract

Ground Cinnamon

Nut Butter

Favorite Jam

Yogurt (I’m using non-fat Greek yogurt for its high protein content, flavor and texture, but any yogurt will work)

Whipped Cream (just gotta' have it!)

Favorite Berries (or any fresh fruit)

Other Toppings (shown in the smaller insert picture below)

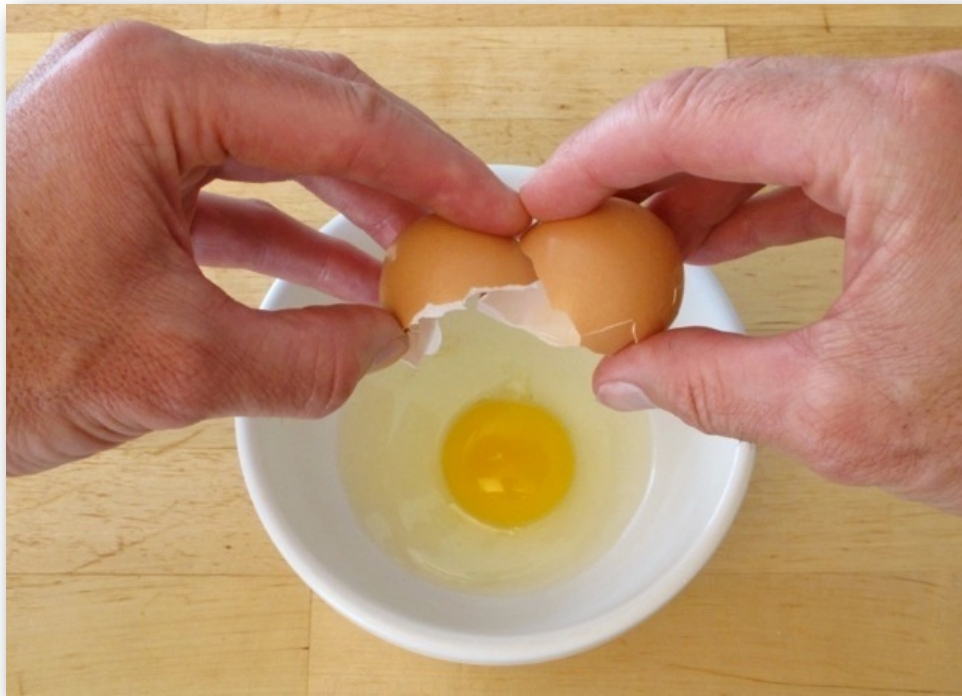
Microwave Oven Safe Bowl

Fork

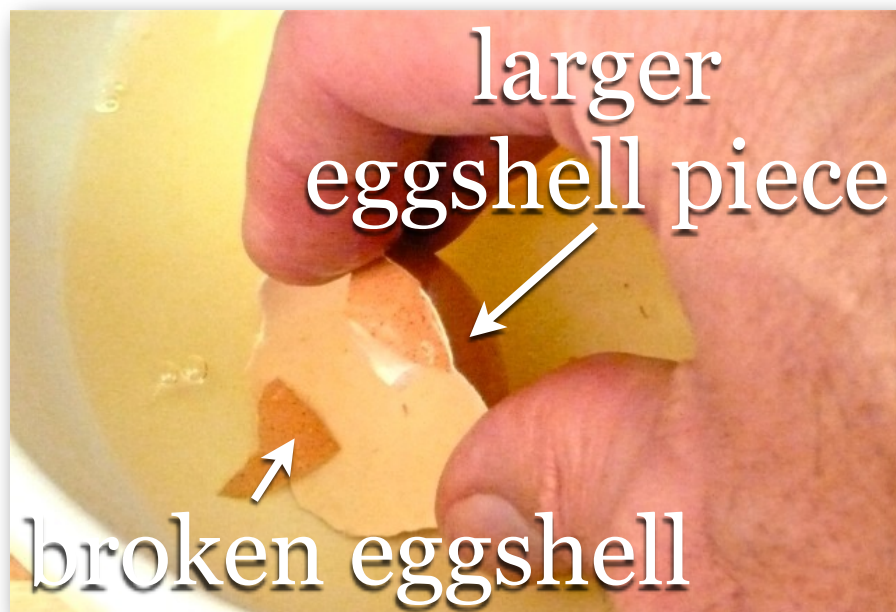
Tablespoon



1. Break **1 egg** into a *microwave oven safe bowl*.



TIP: To remove a **piece of broken eggshell** from the bowl, no problem: just use a **larger piece of eggshell** to attract and scoop up the **smaller eggshell piece**.



2. Add the following:

Dash of salt



Shot of vanilla extract



Shake of ground cinnamon



Splash of milk



3. Stir vigorously with a fork until the **ingredients** are well mixed together.



4. Break the **bread** into smaller pieces and stir them with the **egg mixture** until all the **bread pieces** are evenly coated. (Breaking the **bread** into smaller pieces will both help the **bread** fit into the bowl and eliminate time for the **bread** to soak up the **egg mixture**.)



5. Put the bowl in the middle of the microwave oven, and cook using 100% power or HIGH heat setting for about 1 1/2 minutes. **NOTE:** *Cooking time will vary depending on your microwave oven watt power. I used a 1200-watt microwave oven and cooked the French toast shown here for 1 1/2 minutes. If your microwave oven puts out more watt power, cooking time will be shorter. If your microwave oven puts out less watt power, cooking time will be longer.*



6. After cooking, carefully take hold of the warm bowl from the top edge where it is coolest to touch, remove the bowl from the microwave oven, and check the **French toast** for DONENESS.



FRENCH TOAST DONENESS

French toast is safely cooked when the **egg** is solid throughout with no runny liquid as shown here. If, however,...



**Safely Cooked French
Toast**

...the **egg** in your **French toast** is still runny and wet about as shown here,...



Undercooked French Toast

...keep cooking in the microwave oven and checking for doneness at 10-20 second intervals until the **eggs** look as shown in the “**Safely Cooked French Toast**” photo above.

7. Finish by topping the **freshly cooked French toast** with your choice or a combination of:

Nut butter - scoop and spread



Jam



Yogurt



Whipped cream



Fresh berries - after they've been rinsed



Whatever else you want to make it all yours!



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Gotta' Eat, Can't Cook

"Show Me How" Video & Picture Book Cooking