

# Breakfast For Dinner Teen/Tween Finale

August 13, 2020





# French Toast

Microwave

2 small mugs or 1 big mug

1 bowl

2 forks

1 knife + cutting board

1 Tablespoon measure



2 pieces of bread (any kind)

1 egg

1 Tablespoon of milk (any kind, dairy, soy, coconut, oat, etc)

Sprinkle of cinnamon (or your favorite spice)

Toppings of your choice: Syrup, jam, powdered sugar, fruit, etc.

- 1) Use Cutting Board and Knife to cut bread in to 1 inch pieces
- 2) Crack Egg into Bowl
  - a) Whisk with fork
- 3) Add Milk and Cinnamon
  - a) Mix together
- 4) Add Bread pieces
- 5) Microwave for 30 seconds
  - a) Repeat until cooked through
- 6) Top with syrup, etc.

**BE CAREFUL IT'S HOT!!!**

# GRAND PRIZES:



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