

# How to Make French Toast

To keep the video on the shorter side, I only used 4 pieces of bread, but the recipe calls for 8 pieces.

Serves 4

## For the French Toast:

1 cup whole milk (or [coconut milk](#) for dairy-free/Paleo)

2 large egg yolks

1 tablespoon [maple syrup](#)

1/4 teaspoon ground cinnamon

Pinch of [Celtic sea salt](#)

1 teaspoon [vanilla extract](#)

1 tablespoon [ghee](#), leaf lard, duck fat, etc. (any heat that can be used at a high heat)

8 thick slices dense of stale bread (I used my [grain-free banana bread](#))\*

## For the Topping:

1/2 cup [maple syrup](#)

Fresh Berries

1 cup whipped cream (optional)

Whisk together the milk, egg yolks, maple syrup, cinnamon, salt and vanilla extract in an [8x8" baking dish](#). Heat a [large sauté pan](#) over medium heat for 2 minutes.

Place each piece of bread into the milk mixture. Let the each side of the bread sit for 20 seconds. Using a [pair of tongs](#); transfer the soaked bread over to the hot pan. Let the bread cook for 1-2 minutes until the bottom side is golden brown. Using a spatula, flip the bread and continue cooking an additional 1-2 minutes until the second side is golden brown.

Serve immediately with maple syrup, berries and whipped cream (if using).

\*I like to place the bread on a [cooling rack](#) that has been set over a baking sheet and leave it out overnight so the bread gets stale. If you forgot to do this step, you can put the bread in a 300 degree F oven for about 10 minutes, until stale.

**Note:** I only test the recipes on my site with the listed ingredients and measurements. If you would like to try a substitution, you are welcome to share what you used and how it turned out in the comments below. Thanks!