



Roasted Pear French Toast

2 servings

30 minutes

Ingredients

- 1 Pear (sliced)
- 2 Egg
- 2 tbsps Ground Flax Seed
- 2 tbsps Unsweetened Almond Milk
- 1 tsp Cinnamon
- 4 slices Whole Grain Bread (or sourdough)
- 1 tbsp Coconut Oil

Nutrition

Amount per serving	
Calories	442
Fat	18g
Carbs	53g
Fiber	11g
Sugar	14g
Protein	19g
Sodium	397mg
Vitamin A	327IU
Vitamin C	4mg
Calcium	172mg
Iron	4mg
Vitamin D	47IU
Magnesium	79mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper. Lay the pear slices on the baking sheet and roast them for 20 minutes, turning halfway.
- 2 Beat together the eggs, ground flax, almond milk, and cinnamon. Dip the bread in this mixture to absorb.
- 3 Heat the coconut oil in a skillet over medium heat. Add the soaked bread slices and cook for about 3 minutes per side, or until they are cooked through.
- 4 Divide the french toast slices onto plates and top with the roasted pear slices, and a sprinkle of cinnamon. Enjoy!

Notes

Mix it Up: Swap out the pears for other roasted fruit, such as apples, peaches or berries.