

# Microwave French Toast

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 mug or bowl without optional toppings

## Ingredients

½ tablespoon unsalted butter

2 slices whole-wheat sandwich bread

¼ cup lowfat (1%) milk

1 egg

1 teaspoon packed brown sugar

¼ teaspoon ground cinnamon

¼ teaspoon vanilla extract

Optional toppings: Powdered sugar, fruit compote, fresh fruit, maple syrup, Greek yogurt, sliced almonds, chocolate-hazelnut spread

## Directions

1. Add the butter to a microwave-safe mug or bowl.
2. Place in the microwave and cook on high (default power) until melted, about 15-30 seconds. Set aside to cool slightly.
3. Meanwhile, tear the bread into bite-sized pieces. Set aside.
4. When the butter has cooled, add the milk, egg, brown sugar, cinnamon, and vanilla to the mug or bowl. Whisk with a fork to combine.
5. Add the pieces of bread, stirring to coat and pressing them down into the milk-egg mixture. Let sit for 1-2 minutes to soak.
6. Place in the microwave on top of a plate or paper towel. Cook on high (default power) until the liquid is fully set, about 1½-2 minutes.
7. Let sit for 2 minutes, then serve warm, topping as desired.



**Nutrition Facts Per Serving:** Calories: 295 | Total Fat: 12.5 g | Saturated Fat: 6 g  
Sodium: 355 mg | Total Carbohydrate: 30 g | Dietary Fiber: 4 g | Protein: 15 g

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