



Flax French Toast Sticks

Ingredients

4 whole-grain bread slices
2 large eggs
60 mL reduced-fat milk
5 mL vanilla extract
3 g cinnamon
55 g light brown sugar, divided
100 g IntegriPure® Milled Flax
Nonstick cooking spray

Yield: 4 servings

1. Cut each slice of bread into 4 long sticks. Whisk together eggs, milk, vanilla, cinnamon, and 1 tablespoon of the brown sugar in a shallow dish. Mix milled flax and remaining brown sugar in a second shallow dish. Dip bread pieces in egg mixture, slightly soaking them, and allow any excess to drip off. Dredge each piece in flax seed mixture, coating on all sides. Coat bread pieces with cooking spray.
2. Place bread pieces in a single layer in air fryer basket, leaving room between each piece, and cook in batches at 375°F until golden brown and crunchy, 8-10 minutes, turning pieces over halfway through cooking. (If you don't have an air fryer, simply cook on the stovetop.)
3. Serve warm, topped with berries, maple syrup and powdered sugar. Enjoy!