

Quick and easy



Caramelised apple French toast

Serves 1

2 medium eggs

2 tbsp skimmed milk

Pinch of salt

Pinch of ground cinnamon

1 wholemeal muffins (2 halves)

½ tsp brown sugar

10g honey

½ apple, peeled, cored and cut into wedges

1 tsp butter

30g yoghurt, such as Greek, natural or soya

10g toasted flaked almonds

Method

Whisk the eggs, milk, salt and cinnamon together in a bowl until smooth then add the muffin halves and set aside to soak for 5 minutes.

Meanwhile heat the sugar and honey in a frying pan, add the apple wedges and cook over a medium heat for 5 minutes, turning regularly until golden.

Melt the butter in a non-stick frying pan, add the soaked muffin halves and fry for 2 minutes on each side until golden. Transfer to a plate, spoon over the apples then top with the yoghurt and almonds.

Alternative ingredients

To make this dairy-free, swap the skimmed milk for the same amount of another milk (e.g. soya or almond). The butter can be swapped for the same amount of coconut oil.

Tip

This recipe works best if the muffins are a little dry, so cut them in half the night before and leave on a plate or wire rack.