



Airfryer French Toast and Peach Bake

🕒 15 MINS PREP | 🕒 15 MINS COOK | 🍴 6 SERVINGS

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INGREDIENTS

6 slices 647 Wheat Bread 1 ½ teaspoons Vanilla Extract
2 Eggs 1 cup Skim Milk
2 teaspoons Ground Cinnamon 2 Peaches

NUTRITION INFORMATION PER SERVING

Protein 5.9g	Vegetables 0 servings
Total Fat 2.75g	Saturated Fat 0.56g
Carbs 21g	Sodium 168mg
Calories 102kcal	Added Sugar 0g
Fiber 8.2g	Fruits 0.31 servings

Method

1. Cube bread and put in large bowl. Mix milk, eggs, vanilla and cinnamon together and pour over bread cubes. Gently fold in the liquid mixture until bread is softened with the liquid mixture. Pour bread mixture into the air fryer pan.
2. Next, thinly slice 2 ripened peaches and place over top the mixture.
3. Spray a quick spray olive oil on top of the peaches and sprinkle with cinnamon.
4. Air fry for 15 minutes on high.
5. Serve while warm and add maple syrup to taste.

