

Air Fryer French Toast



There's a ton of recipes that can be made in an air fryer, and this delicious French toast is no exception! You're going to love this original version of French toast that comes with a protein sauce that will keep you satisfied for a long time.

Preparation 20 min

Cooking 6 min

Servings 1

Nutrition Facts (per serving)

Calories 405

Fat 10

Carbohydrates 54

Fibre 6

Protein 25

Sodium 240

Ingredients

- 1 Medjool date, pitted and soaked in boiling water
- 1 egg
- 45 ml (3 tbsp) unsweetened soy milk
- 10 ml (2 tsp) maple syrup

- 5 ml (1 tsp) cinnamon
- 80 ml (? cup) 2% M.F. plain Greek yogurt
- 2 drops caramel extract
- 2 slices whole grain bread, cut into 1 cm wide sticks

Preparation

1. In a medium bowl, mix the egg, soy milk, half of the maple syrup, cinnamon, and vanilla extract with a fork.
2. Coat each piece of bread with the egg mixture.
3. Spray a little cooking oil in the air fryer basket. Place the pieces of bread in it, leaving space between them.
4. Cook at 200°C (400°F), turning halfway through.
5. Meanwhile, blend the drained date, yogurt, the rest of the maple syrup, 2 tablespoons of the date soaking water, and caramel extract in a food processor. Serve with the French toast sticks.

Notes

For a diabetic-friendly recipe, choose a low-carb bread such as Carbonaut.



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