

# MY WEANING COOKBOOK

Breakfast

## French toast fingers

**Cook time:** 20 mins  
**Servings:** 4-6 servings  
**Freezable:** No  
**Suitable for:** 6 months +  
**Allergens:** Egg & milk (dairy free alternative available)

Ideal for  
all the family  
to enjoy



Provided by



## Ingredients

- 2 **eggs**
- 1 tbsp **milk** (or swap for orange juice, formula, breast milk or any dairy free milk)
- 2-3 slices **bread**
- Dairy free butter

### Optional extras

- Add sprinkle cinnamon
- Serve with blended berries

## Method

1. Whisk the eggs with the milk
2. Cut the crusts off the bread and cut each slice into four fingers
3. Dip the bread into the egg mixture until coated (do not leave them to soak)
4. Melt a small amount of dairy free spread in a frying pan
5. Add the bread and cook on a medium heat until brown
6. Flip over and cook the other side

## Allergen information



Egg



Milk



Gluten

(dairy free alternative available)

## Great for...

- Introducing allergens
- Baby-led weaning/finger food
- Eating together as a family; including children at your meal times helps them with development and food acceptance
- Introducing a range of savoury flavours through experimenting with toppings like mushrooms and tomatoes

## My notes:

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