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| **French toast from allrecipes.com****INGREDIENTS:**

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| 6 thick slices bread2 eggs2/3 cup milk1/4 teaspoon ground cinnamon (optional) | 1/4 teaspoon ground nutmeg (optional)1 teaspoon vanilla extract (optional) |

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| **1.** | Beat together egg, milk, salt, desired spices and vanilla. |
| **2.** | Heat a lightly oiled griddle over medium-high heat. |
| **3.** | Dunk each slice of bread in egg mixture, soaking both sides. Place on griddle and cook on both sides until golden. Serve hot. |

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