**French Toast**
Makes 8 servings at 2 slices per serving

**Ingredients**
1 large loaf of French bread, preferably day old, cut into 16 slices
6 extra large eggs
1 ½ cups 2% milk
3 tablespoons sugar
1 tablespoon vanilla
1 ½ teaspoons cinnamon, plus more for sprinkling
½ teaspoon nutmeg, freshly grated
½ teaspoon salt
Butter for the pan
Maple Syrup, or other syrup
Powdered Sugar

**Directions**
In a large bowl, whisk the eggs until slightly beaten.  Add the milk, sugar, vanilla, cinnamon, nutmeg and salt and combine well.

In two 9x13 in pans (or other large pans), arrange the bread slices.  Ladle the egg mixture over the bread slices, and allow the bread to soak up the liquid.  Turn the slices over if necessary. Allow to sit for a couple minutes.  Sprinkle the tops with additional cinnamon, if desired.

Pre-heat the oven to 350 degrees F. Line two sheet pans with aluminum foil.  In a large skillet over medium heat, melt enough butter to lightly coat the bottom of the pan. Working in batches, cook the egg soaked bread slices in the pan until they are golden brown on each side. Do not over cook. Place the fried French Toast on the sheet pan and continue finish frying remaining bread pieces.

Bake the fried French Toast for 10 minutes in the oven to finish the cooking and to keep them warm.

Serve with your choice of syrup (maple is especially good) and powdered sugar, if desired.

**Cooking Instructions for a non-stick griddle:**
Heat the griddle to 350 degrees F. Place as many slices as will fit on the griddle at once and cook until both sides are golden brown. Sometimes, it is easier to cook bread slices for longer without burning them by using the griddle and then the oven step can be skipped entirely!

Note:
To further lighten this recipe, whole wheat bread could be used and the eggs could be replaced partially or entirely with egg beaters, although the texture may change. Non-stick cooking spray could be used instead of the butter. The sugar in this recipe is essential for the browning process, so it is not recommended to completely remove it.