



# PERFORMANCE RECIPE

## PB+J French Toast



20 min cook



Batch prep meal



Balanced meal

Make 6 Servings



### INGREDIENTS

- ¾ cup peanut butter
- 12 slices bread
- 6 tbsp jam
- 3 eggs
- ¾ cup milk
- oil/spray/margarine/butter (to grease skillet)



To make it extra toasty, bake the sandwiches in the oven at 320F for 10 minutes.

### INSTRUCTIONS



**1** Assemble 6 PB+J sandwiches.



**2** In a large bowl, whisk eggs and milk. Dip both sides of sandwiches in egg mixture.



**3** Heat and grease a large skillet. Cook sandwiches for 2-3 minutes on each side until golden brown.



**4** Cut in half and enjoy!