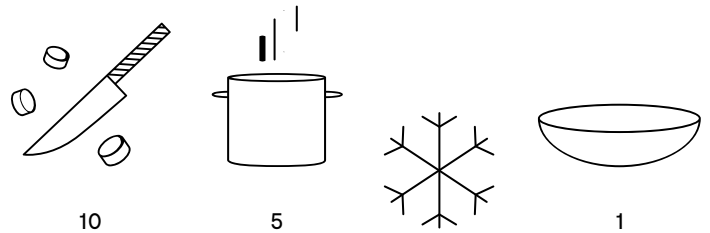




## Protein French Toast

If you are looking for a breakfast that packs a punch, you have to give this try by [Protein Princess London](#)



### Ingredients

- 2 slices of wholemeal bread (minus crust)
- 1 free range egg
- 1.5 tbsp The Groovy Food Company organic coconut sugar
- 1 scoop of protein vanilla protein whey
- 60ml milk of choice
- Groovy Food Company Coconut oil to fry

### Toppings

- 1 banana
- Dark chocolate to shave
- Handful of fresh blueberries

### Directions

1. Mix all the ingredients together
2. Once combined, dip your slices of bread in the mixture until well covered on both sides
3. Gently melt a small dollop of coconut oil in a frying pan and add the bread
4. Lightly fry until cooked on both sides
5. Top the French bread with sliced bananas, blueberries, dark chocolate shavings and anything else you fancy

