



French Toast Sticks

Makes

4

Time

30
minutes

Level

Simple

Kcal

449
per
serving

Our step by step guide

Step 1

Blend the milk, arrowroot, flax, maple syrup and cinnamon until smooth. Set aside for 15 minutes to thicken.

Step 2

Make the cranberry sauce by heating the cranberries, water, orange juice and maple syrup in a pan until the cranberries have popped and begin to break down. Stir for 8-10 minutes until it thickens, adding more water and maple syrup if needed. Set aside.

Step 3

Make the ganache by melting the chocolate with the milk or cream in a Bain Marie, stirring till smooth smooth. Stir in the Jaffa orange zest and maple syrup, then set aside.

Step 4

Now, dunk the bread sticks into the milk mixture, allowing any excess to drip off.

Step 5

Heat 2 tbsp of butter in a pan, then add French toast sticks. Cook on each side until golden. Repeat with all bread sticks.

Step 6

Serve the French toast warm with spoonfuls of cranberry sauce and chocolate orange dip.

Step 7

Enjoy!

You will need

One small loaf crusty bread, slightly stale
One cup milk of choice
2 tbsp arrowroot powder
2 tbsp ground flax
1.5 tbsp maple syrup
1/2 tsp cinnamon
2-3 tbsp butter

For sugar dust:

1/3 cup sugar of choice
2 tsp ground cinnamon

For cranberries:

250g cranberries
50ml water
Juice half Jaffa orange
2 tbsp maple syrup

For the chocolate sauce:

100g dark chocolate, chopped
Zest one Jaffa orange
160ml milk or cream
1 tbsp maple syrup

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