

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Coconut French Toast

### Ingredients

*2 eggs, whisked*

*2 slices of coconut bread (refer to recipe for Coconut Bread)*

*2 tbs of butter for frying*

#### **Berry Compote**

*¼ cup of seasonal berries*

*1 tsp of honey*

#### **Serving Suggestions:**

*1 tbs of berry compote*

*¼ cup of full fat Greek yoghurt*

*Raw whole almonds, roughly chopped*

### Method

1. Whisk eggs well and place in a flat dish.
2. Heat frying pan to a medium heat and melt butter.
3. Soak coconut bread in the egg mixture, either side, for a few seconds so that the egg is absorbed into the bread.
4. Fry the bread in the pan until it is golden on both sides.
5. Berry Compote: Add whole berries and honey together in a pan and simmer.
6. Serve Coconut French Bread with berry compote, yoghurt and almonds. Enjoy!



**Preparation Time: 10 minutes**

**Cooking Time: 5 minutes**

**Serves 1 - 2**



For more recipes and information on living the low carbohydrate lifestyle find us at:

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