Crunchy French Toast

6 eggs

1/3 cup milk

2 teaspoons vanilla

pinch of salt

1 cup frosted cornflakes

1/2 cup old fashioned oats

1/4 cup sliced almonds

8 slices whole wheat bread

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Whisk together eggs, milk, vanilla and salt.

Combine cornflakes, oats and almonds.

Dip each slice of bread in egg mixture.

Coat with cereal mixture.

Place toast on hot griddle coated with cooking spray and cook 3-4 minutes on each side.

Serve with syrup.