THE LIGHTER PLATE METHOD

Air-Fryer Cinnamon French Toast Fingers

Crisp-edged, custardy toast fingers dusted with cinnamon and dipped into berries.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**10 min**	**15 min**	**2**	**EASY**

Ingredients

- 4 slices wholemeal bread (each cut into 3 fingers)
- 2 eggs
- 100 ml semi-skimmed milk
- 1 tsp ground cinnamon
- 0.5 tsp vanilla extract
- 150 g berries (to serve)

Method

1. Heat the air fryer to 180°C.
2. Whisk the eggs, milk, cinnamon and vanilla together in a shallow dish.
3. Dip each bread finger in the custard, turning to coat, and let the excess drip off — soaked, not sodden.
4. Arrange in the air-fryer basket in a single layer, leaving space between them. Cook for 5 minutes, turn, then cook for 4–5 minutes more until golden and firm.
5. Serve hot with the berries.

Tips & swaps

- Slightly stale bread absorbs the custard better than fresh. Cook in two batches rather than overlapping the fingers, or they steam instead of crisping.

Storage & reheating

Best eaten hot; reheat in the air fryer for 2 minutes to re-crisp.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**12g**	**34g**	**8g**	**5g**

Estimated values, for guidance only. Contains: Gluten, Egg, Milk.