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# Granola Crusted French Toast Sticks (Sheet Pan Recipe)

BY HUMA NAZ



Serves about  
1-2  
(6 sticks)



Total time:  
up to 23 mins.



Vegetarian



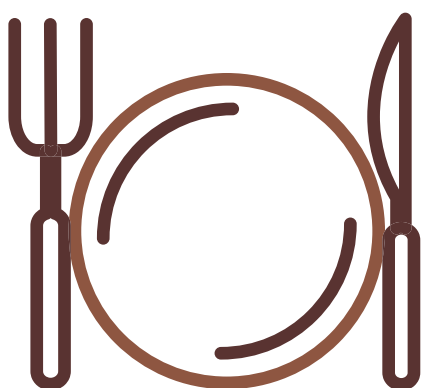
Gluten-free

## INGREDIENTS

- 2 slices of bread of choice (ex: 100% whole wheat bread, gluten-free)
- 1/2 cup granola (I used 88 Acres cinnamon & oats Seed'nola)
- 1 egg
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 2 tbsp. low-fat milk

## DIRECTIONS

- 01** Preheat oven to 350 °F and spray a small-medium baking pan with cooking spray.
- 02** Cut each bread slice into 3 strips.
- 03** Process the granola in a food processor to slightly break bigger chunks and pour into a bowl.
- 04** Mix together egg, vanilla, cinnamon, milk in a bowl until ingredients are well combined.
- 05** Dip both sides of the bread sticks into the egg mixture first then both sides into the granola and place into the sheet pan.
- 06** Bake for 10 minutes then flip each bread slice and bake for 3-5 minutes until cooked/golden brown. Enjoy warm on their own or with a drizzle of maple syrup, nut butter, jam, fresh fruit, or even apple sauce.



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## RECIPE NOTES

- To make this recipe gluten-free you can replace whole wheat bread with certified gluten-free sprouted bread (ex: Udis, Canyon Bakehouse) and certified gluten-free granola.
- To make this recipe dairy-free, swap in dairy-free milk (ex: almond milk, soy milk, or oat milk).

Share your recreations  
with me on Instagram-  
I'd love to see!  
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