

Milk Toast

A breakfast my mom served when I was growing up: Toasted homemade bread topped with milk and sugar!

Yield:

1 serving

Ingredients:

1 slice homemade bread

1-2 teaspoons sugar or alternative

1/2 cup whole milk

Instructions:

1. Toast bread until nicely browned, but not burnt (of course).
2. Lay toast in a soup bowl or plate with a slight edge. Pour milk over toast.
3. Sprinkle with sugar or whatever sweetener you prefer. (I like to use xylitol since it's healthy and tooth-friendly!)
4. Use a spoon to cut toast into bite-sized pieces and enjoy!



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This recipe is from Tammy's Recipes.