Protein French Toast: Sourdough Breakfast with Vanilla Protein

Thick sourdough slices soaked in a protein rich batter for morning energy



PREP	COOK	TOTAL	SERVES	CALORIES
5 min	10 min	15 min	2 servings	380 kcal

Ingredients

- 120 g thick-sliced sourdough bread, 4 slices
- 100 g large eggs
- 60 g egg whites
- 120 ml whole milk
- 15 g vanilla protein powder
- 5 ml vanilla extract
- 3 g ground cinnamon
- 1 pinch salt
- 15 g unsalted butter
- 1 tsp stevia, optional
- Fresh berries, maple syrup, powdered sugar, optional toppings

Instructions

1. Prepare the bread: Place the bread slices in a shallow dish. Keeping them set in a dish allows you to soak them evenly without moving them.
2. Whisk the batter: In a medium bowl, whisk the eggs, egg whites, milk, vanilla extract, cinnamon, protein powder, and salt. Whisk until the mixture is smooth to ensure the protein powder does not clump.
3. Soak the slices: Pour the batter over the bread. Ensure each slice is fully submerged and soak for 10–15 seconds, turning once to coat both sides. This allows the custard to penetrate the sourdough.
4. Heat the skillet: Pre-heat a 20 cm non-stick skillet over medium heat (180°C). Add the butter and swirl the pan until the surface is lightly coated to prevent the toast from sticking.

5. Brown the toast: Slide one soaked slice into the hot skillet. Cook for 2 minutes until the bottom turns golden-brown. Use a spatula to flip the slice carefully.
6. Set the batter: Cook the other side for another 2 minutes. Wait until it is golden-brown and the batter has set through the centre. Transfer the slice to a rack or paper towels to keep it warm.
7. Finish and plate: Repeat the frying process for the remaining slices. Arrange the warm toast on a platter and top with maple syrup, powdered sugar, and fresh berries.

Notes

The Protein PowderSwap vanilla protein powder for almond protein powder if needed. Use 120 ml of unsweetened almond milk to maintain the flavour profile. Do not omit the powder, as it provides the structural thickness and the primary protein boost that distinguishes this version from standard French toast.

What to serve with itPair the warm slices with fresh berries and a drizzle of maple syrup for a sweet balance. For a complete breakfast, serve beside crispy turkey bacon or a dollop of Greek yoghurt. These additions increase the total protein intake and provide a contrast in textures and temperatures.

Storing and reheatingKeep leftovers in an airtight container in the refrigerator for up to 2 days. You may freeze them in an airtight container for 3 months. Thaw overnight in the fridge and reheat gently in a skillet or toaster to restore the crisp exterior and warm the centre.