Viral Custard Toast Recipe

This recipe is perfect for hikers who want a very filling breakfast that's super-quick to make as well as insanely delicious to eat.

Available online at:

https://mountain-hiking.com/custard-toast-recipe/

Ingredients

Technically, you only need four ingredients to make custard toast: bread, eggs, yogurt and fruit. But, IMO, the basic recipe is improved a ton by adding these spices and sweeteners, the vanilla, and the salt.

- 3-4 tbsp greek yogurt (any yogurt will do)
- 1 large egg
- 1 tbsp sugar (or equivalent sweetener)
- Spices: cinnamon and nutmeg
- ½ tsp vanilla essense
- Two slices bread (any soft bread)
- Thin sliced fruit / berries (whatever you like)
- Powdered sugar
- Sea salt
- Maple or chocolate syrup, or honey

Method

I love this recipe because the whole process takes only 15 minutes or so. A few minutes prep, 12 minutes to bake, one minute to finish and serve. Clean-up is a cinch, too.

- Preheat oven to 400°F (200°C)
- Line baking sheet with parchment paper (not crucial)
- Flatten interior of each slice to make a large depression
- In a bowl, mix the egg, yogurt, sugar, spices, vanilla
- Pour half the mix onto each slice
- Top with sliced fruit
- Bake for 12 mins / until the custard doesn't jiggle
- Dust with powdered sugar and sprinkle with salt
- If you wish, drizzle with syrup or honey

Air Fryer Method

If you'd rather not to use an oven, you can bake this recipe in an air fryer. Air frying results in a slightly runnier inner custard, so the overall effect is something like a poached egg.

Online, I found instructions to air fry at 340°F (170°C) for 4 minutes. But when I tried that, the custard did't quite set and everything looked a little pale. So I blasted my toast at 400°F (200°C) for an additional 2 mins and that worked out great.

Basically, air fry until everything is golden brown.

Variations

- ○ Add 1 tsp peanut butter (smooth) and chocolate chips to the mix
- ○ Or try almond butter (it's less sweet)
- ○ Try raisin bread instead of plain white bread
- ○ When serving, add Nutella (or similar)