

Yoghurt French Toast

By [Ashley Alexander](#)

**Gather
& Feast**

This is my go-to French toast when I want something a little bit special, but still super easy. When Tamar Valley Dairy reached out to try their new The Creamery Pouches, I thought, what better way to use them than as a ready-made piping bag? Once the French toast is ready, add a generous zigzag of creamy yoghurt over the top - the kids love this. Finish with some fresh fruit to match the flavour, a light dusting of icing sugar, and you've got a simple, indulgent weekend breakfast.

SERVES 4 | **PREP TIME** 10 minutes | **COOK TIME** 10 minutes | **TOTAL TIME** 20 minutes

INGREDIENTS

French Toast

- 2 eggs
- 125 ml (1/2 cup) full-cream milk
- 1 tablespoon caster sugar
- 1 teaspoon vanilla bean paste or vanilla extract
- 4 thick slices (about 5 cm / 2 inches thick) brioche or challah (a soft white milk bread also works well)

To Serve

- 4 pouches Tamar Valley Dairy The Creamery Pouches
- A few handfuls of fresh fruit, depending on the yoghurt flavour (optional - equally delicious with just the yoghurt)
- Icing sugar, for dusting (optional)

METHOD

1. In a large, wide, shallow dish, whisk together the eggs, milk, sugar and vanilla until smooth and well combined.
2. Add the brioche slices and soak for about 1 minute. Turn and soak the other side, then gently press or drag the slices through the remaining mixture to absorb any excess custard.
3. Heat a large frying pan over medium heat and add a small knob of butter, swirling to coat the base.
4. Add the soaked brioche slices and cook for 2-3 minutes on each side, or until golden brown and lightly caramelised.
5. Transfer to serving plates. Top each slice with a generous squeeze of yoghurt.
6. Finish with fresh seasonal fruit (if using) and a light dusting of icing sugar. Serve warm.

NOTES

Bread choice matters: Slightly stale brioche or challah works best as it absorbs the custard without becoming too soft.

Thickness is key: Thick slices (around 5 cm / 2 inches) give you that custardy centre with a golden exterior.

Heat control: Medium heat is ideal - too hot and the outside will burn before the inside cooks through.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/yoghurt-french-toast>

Let me know if you make the recipe! x **@gatherandfeast**