

Choco Fever Dream

Cinnamon Roll French Toast Bites

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz cinnamon roll dough (store-bought or homemade)
- [ ] 3 large eggs
- [ ] 1/2 cup whole milk
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp ground cinnamon
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp melted butter (for pan)
- [ ] 1 tsp lemon zest
- [ ] Maple syrup, for serving

Instructions

1. Cut the cinnamon roll dough into 1-inch cubes; set aside.
2. Whisk together eggs, milk, vanilla, and lemon zest in a shallow bowl.
3. Soak the dough cubes in the custard for about 30 seconds, allowing them to absorb but not fall apart.
4. Melt butter in a skillet over medium heat; add the soaked cubes, cooking until golden on each side, about 2-3 minutes per side.
5. Combine cinnamon and brown sugar; toss the hot bites in this mixture, then serve with maple syrup.

Nutrition per serving

320 kcal	6 g	42 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra flavor, sprinkle a pinch of sea salt on the cinnamon-sugar coating.
- If you like a richer crust, dust the bites lightly with flour before cooking.
- These bites stay crisp for about an hour if kept warm in an oven at low heat.