

## Cinnamon Roll French Toast Roll-Ups: Easy Sweet Breakfast Treat

Cinnamon Roll French Toast Roll-Ups



**OVEN**  
**300°F**

**TIME**  
**3 min**

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**SAVE**  
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### INGREDIENTS

10 slices white sandwich bread (sturdy, day-old bread works best)  
3 tablespoons butter, melted (for filling)  
3 tablespoons brown sugar, packed (for filling)  
2 tablespoons ground cinnamon (for filling)  
3 large eggs (for custard)  
1 tablespoon milk (whole or 2%, for custard)  
1/2 teaspoon ground cinnamon (for custard)  
1/2 teaspoon vanilla extract (for custard)  
2-3 tablespoons butter for frying

### DIRECTIONS

1. Let's get these delicious : Cinnamon Roll French Toast Roll-Ups cooking!
2. Prepare : Bread: Start by removing the crusts from the 10 slices of white sandwich bread. Place each slice on a clean work surface and use a rolling pin to flatten it evenly to about 1/8-inch thickness. This creates a perfect canvas for rolling.
3. Make : Cinnamon Filling: In a small bowl, whisk together the 3 tablespoons melted butter, 3 tablespoons packed brown sugar, and 2 tablespoons ground cinnamon until well combined and forms a thick paste.
4. Fill & : Roll Bread: Spread this cinnamon mixture generously (about 1.5 teaspoons) on each flattened slice of bread, making sure to leave a small border (about 1/4 inch) around the edges. Carefully roll up each slice of bread tightly from one end to the other, then gently pinch the seam to seal them.
5. Prepare : French Toast Custard: In a shallow bowl (wide enough to dip the rolls), whisk together the 3 large eggs, 1 tablespoon milk, 1/2 teaspoon ground cinnamon, and 1/2 teaspoon vanilla extract until well combined and smooth.
6. Heat : Skillet: Preheat a large non-stick skillet or cast-iron pan over medium heat. Melt 2-3 tablespoons of butter for frying in the skillet.
7. Dip & : Fry: Dip each cinnamon roll-up into the egg mixture, ensuring they're fully coated on all sides. Allow any excess custard to drip off. Carefully place the dipped roll-ups seam-side down in the hot skillet. Cook for about 2-3 minutes on the first side until golden brown, then turn them occasionally to brown all

sides evenly. Continue cooking for a total of about 6-8 minutes, or until all sides are golden brown and cooked through. Cook in batches if necessary to avoid overcrowding the pan.

8. **Serve:** Remove the cooked roll-ups from the skillet and place them on a plate. Serve warm with optional toppings.

## SWAPS & NOTES

**White Sandwich Bread:** A standard white sandwich bread works best.

Day-old bread is slightly sturdier and less likely to fall apart when flattened.

Brioche or challah bread could also be used for extra richness.

**Brown Sugar (Filling):** Packed brown sugar adds a deep molasses flavor and creates a rich, gooey filling.

## TIPS FOR SUCCESS

**Flatten Bread Well:** Flattening the bread thinly helps it roll tightly and prevents tearing.

**Seal Tightly:** Pinching the seam of the roll-ups is important to prevent the filling from oozing out during frying.

**Don't Overcrowd Skillet:** Fry in batches to ensure even browning and prevent steaming.

Overcrowding lowers the pan temperature.

