

Easy Cinnamon Roll French Toast Roll-Ups: A 20-Minute Breakfast Win

The Ultimate Cinnamon Roll French Toast Roll-Ups



OVEN
350°F

TIME
20 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Roll-Ups:

6 slices of sandwich bread: White bread is traditional for that soft texture, but whole wheat works great too.

2 tablespoons unsalted butter: Softened to room temperature for easy spreading.

1/4 cup granulated sugar: This creates the "filling" texture.

1 teaspoon ground cinnamon: The star of the show!

For the Egg Mixture:

2 large eggs: These provide the structure and richness for the coating.

1/4 cup milk: Whole milk is best, but almond or oat milk works too.

1/2 teaspoon vanilla extract: A must-have for that authentic French toast flavor.

For Cooking & Topping:

2 tablespoons unsalted butter: For frying in the skillet.

Optional: Powdered sugar, maple syrup, or whipped cream.

DIRECTIONS

- 1.** Prepare the Bread: Start by cutting the crusts off your bread slices. Use a rolling pin to flatten each slice until it is thin and pliable. This is a crucial step; if the bread is too thick, it will crack when you try to roll it.
- 2.** Add the Filling: In a small bowl, stir together your sugar and cinnamon. Spread a thin, even layer of softened butter onto one side of each flattened bread slice, then sprinkle generously with the cinnamon-sugar mix.
- 3.** Roll It Up: Starting at one end, roll the bread tightly into a log shape. Press down slightly at the seam to help it stay closed.
- 4.** Create the Custard: In a shallow bowl (like a pie plate), whisk your eggs, milk, and vanilla. You want it fully incorporated so there are no "white" streaks from the eggs.
- 5.** Coat and Fry: Melt 2 tablespoons of butter in a large skillet over medium heat. Dip each roll into the egg mixture. Pro Tip: Don't soak them! A quick 2-second roll in the liquid is all you need. If they get too soggy, they won't crisp up.
- 6.** Golden Perfection: Place the rolls seam-side down in the hot skillet first. Cook for 2-3 minutes, turning occasionally, until all sides are golden brown and crispy.

SWAPS & NOTES

The Bread: If you find your bread is tearing while rolling,

try removing the crusts very carefully.

You can also use brioche bread for an even richer, more dessert-like experience.

Add a thin layer of cream cheese before the cinnamon sugar for a

"Cinnamon Roll Cheesecake" vibe.

Gluten-Free: Simply swap the sandwich bread for your favorite gluten-free brand.

TIPS FOR SUCCESS

Don't Over-Soak: Unlike thick slices of sourdough French toast, these thin rolls absorb liquid fast.

Medium Heat is Key: If the pan is too hot, the sugar inside will burn before the egg coating is cooked.

The Rolling Pin: If you don't have a rolling pin, a clean wine bottle or even a tall smooth glass works perfectly to flatten the bread.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-cinnamon-roll-french-toast-roll-ups-a-20-minute-breakfast-win/>