

Pumpkin Spice French Toast Roll-Ups - A Fun Breakfast Treat

Pumpkin Pie French Toast Roll-Ups

TIME
5 min

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INGREDIENTS

2/3 cup pumpkin purée
1/3 cup packed light brown sugar
1/3 cup granulated sugar
1 tbsp pumpkin pie spice
1 tsp pure vanilla extract
10-12 slices white sandwich bread, crusts removed
2 large eggs
3 tbsp whole milk
1/2 to 1 tsp ground cinnamon
2 tbsp granulated sugar
2 tbsp unsalted butter
Powdered sugar for dusting (optional)

DIRECTIONS

1. Prepare the Pumpkin Filling: In a bowl, whisk together:
2. Pumpkin purée
3. Brown sugar
4. Granulated sugar
5. Pumpkin pie spice
6. Vanilla extract
7. Mix until smooth and creamy.
8. Make the Cinnamon-Sugar Coating: In a shallow dish, combine:
9. 2 tablespoons granulated sugar
10. Ground cinnamon
11. Mix well and set aside.
12. Prepare the Egg Mixture: In another bowl, whisk together the eggs and milk to create the egg wash.
13. Flatten the Bread: Use a rolling pin to flatten each slice of bread. This makes it easier to roll and helps seal the filling inside.
14. Add the Filling: Spread about 1-2 teaspoons of pumpkin filling evenly across each slice, leaving a small border.
15. Roll the Bread: Roll each slice tightly into a cylinder and press gently to seal the edge.
16. Cook the Roll-Ups: Melt butter in a large skillet over medium heat.
17. Dip each roll-up in the egg mixture, coating all sides.
18. Place them seam-side down in the skillet and cook, turning every 60-90 seconds, until golden brown on all sides (about 4-5 minutes).
19. Coat in Cinnamon Sugar: While still warm, roll each French toast roll in the cinnamon-sugar mixture until fully coated.
20. Serve: Serve warm, dusted with powdered sugar if desired.
21. For extra indulgence, top with maple syrup or whipped cream.

SWAPS & NOTES

This recipe can easily be adapted based on what you have available.

Bread choices Soft white bread works best, but brioche or Texas toast adds extra richness.

Pumpkin spice substitute If you don't have pumpkin pie spice, combine cinnamon, nutmeg, and cloves.

Dairy-free option Use plant-based milk and dairy-free butter if needed.

TIPS FOR SUCCESS

Flatten the bread well This helps the rolls stay tightly sealed.

Don't overfill Too much filling can cause the rolls to open during cooking.

Cook on medium heat Lower heat ensures the roll-ups cook evenly without burning.

Serve immediately They taste best warm when the cinnamon sugar coating is fresh and crisp.

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Original recipe: <https://chefmaniac.com/pumpkin-spice-french-toast-roll-ups-a-fun-breakfast-treat/>