

Cinnamon French Toast Roll-Ups Are My Favorite Easy Breakfast Treat

Cinnamon French Toast Roll-Ups



TIME
15 min

METHOD
Air fryer

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INGREDIENTS

8 slices soft sandwich bread
2 large eggs
1/4 cup milk
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
2 tablespoons granulated sugar
2 tablespoons butter, for cooking
Optional Filling Ideas:
4 ounces cream cheese, softened
2 tablespoons powdered sugar
Fruit jam
Thin banana slices
Nutella or chocolate spread
For Finishing:
1/4 cup granulated sugar

DIRECTIONS

1. Trim the crusts from the bread slices.
2. Use a rolling pin to flatten each slice until thin and easy to roll.
3. If using a filling, spread a small amount onto each slice, leaving a little border around the edges.
4. Roll each slice up tightly and set aside seam-side down.
5. In a shallow bowl, whisk together the eggs, milk, vanilla extract, cinnamon, and 2 tablespoons sugar.
6. In a separate small bowl, mix the finishing sugar and cinnamon.
7. Heat a skillet or griddle over medium heat and melt a little butter.
8. Dip each bread roll briefly in the egg mixture, turning to coat all sides without soaking it too long.
9. Place the roll-ups in the skillet seam-side down and cook, turning as needed, until all sides are golden brown.
10. While still warm, roll them in the cinnamon-sugar mixture.
11. Serve immediately on their own or with maple syrup for dipping.

SWAPS & NOTES

White sandwich bread works best because it rolls easily without cracking, but soft wheat bread can also work.

The key is using bread that is fresh and pliable.

Slightly stale or very hearty bread is more likely to split when rolled.

For the filling, cream cheese mixed with a little powdered sugar is a classic option that makes the roll-ups feel rich and almost

cheesecake-like.

TIPS FOR SUCCESS

Do not oversoak the bread in the egg mixture.

If the bread sits too long, it can become too soft and start to fall apart in the pan.

Roll the bread tightly so the filling stays in place while cooking.

A loose roll can open up once it hits the skillet, especially if the filling is soft or warm.

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

Original recipe: <https://chefmaniac.com/cinnamon-french-toast-roll-ups-are-my-favorite-easy-breakfast-treat/>