

# Air-Fried French Toast Sticks

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2020, Air Fryer, Breakfast Foods, french toast, Velik Favorites

Prep Time: 10 minutes Cook Time: 10 minutes Servings: 4-6

Source: [ninjakitchen.com](http://ninjakitchen.com)

### INGREDIENTS

4 eggs

1/2 cup milk

1/4 teaspoon vanilla extract

1/4 teaspoon ground cinnamon

1/3 cup granulated sugar

6 slices white bread, cut in thirds

Cooking spray

Maple syrup, for serving

### DIRECTIONS

In a small bowl, whisk together eggs, milk, vanilla extract, cinnamon, and sugar.

Coat air fry basket liberally with cooking spray. Working one at a time, dip each piece of bread in the egg mixture, then transfer to the basket.

Select AIR FRY, set temperature to 400°F, and set time to 10 minutes. Press START/PAUSE to begin preheating.

When unit has preheated, slide basket into the upper rails of the oven.

After 5 minutes, press START/PAUSE to pause the unit. Remove basket from oven. Using tongs, flip each piece of bread. Then rotate basket 180 degrees. Return basket to oven, and press START/PAUSE to resume cooking for 5 more minutes.

When cooking is complete, remove basket from oven. Drizzle

maple syrup over French toast sticks and serve.

#### NOTES

Made in my ninja air fryer oven. Other air fryers may differ in time and temperature.