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## Cinnamon Sugar Toast

Cinnamon Sugar Toast is a simple and delicious breakfast or snack option. It consists of toasted bread slices topped with a mixture of cinnamon and sugar. This recipe is a classic favorite for many people and can be enjoyed by all.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Total Time:** 10 mins

**Recipe Yield:** 50 grams

**Number of Servings:** 5

**Serving Size:** 10 g

### Ingredients

5 pieces	bread slices
1 tsp	Cinnamon
1 tsp	Sugar

# Directions

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## Step 1

### Toasting

Toast the bread slices until golden brown.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 2

### Mixing

In a small bowl, mix together cinnamon and sugar.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

### Sprinkling

Sprinkle the cinnamon sugar mixture over the toasted bread slices.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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# Nutrition Facts

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**Calories:** 100 kcal

**Fat:** 0 g

**Protein:** 2 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	1 g	2.63%	4%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Winter Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue

### Meal Type

Breakfast Snack

### Difficulty Level

Easy

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