



# Lori Fetricks Power Workout

**J Rink**



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web aug 21 2023 ingredients  $\frac{2}{3}$  cup milk 2 large eggs 1 teaspoon vanilla extract optional  $\frac{1}{4}$  teaspoon ground cinnamon optional salt to taste 6 thick slices bread 1 tablespoon unsalted butter or more as needed

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web ingredients yield 4 servings 2 whole eggs 2 egg yolks 2 cups whole milk or  $1\frac{3}{4}$  cups milk plus 2 to 4 tablespoons cream 1 teaspoon vanilla extract optional pinch of salt unsalted butter for

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