

FRENCH TOAST



Makes 8 servings
Serving Size: 1 slice

Tip: This recipe is great topped with fresh fruit. Serve with cold nonfat or low-fat milk.

Note: If you have more than you can use, freeze and save for another day. Your French toast can be reheated in the microwave, toaster or toaster oven.



Eat Smart

Ingredients

- 4 eggs, beaten
- 1 cup skim milk
- 1/2 teaspoon ground cinnamon or nutmeg
- 1/2 teaspoon vanilla
- 8 slices of whole-wheat bread (Day-old bread is easier to use.)
- 1 tablespoon vegetable oil

Directions

1. In a large bowl, beat eggs with fork, and add milk, cinnamon and vanilla. Beat together until mixed well.
2. Heat oil in a large skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture to coat both sides.
4. Place in hot skillet. Brown each side, about 2 minutes or more.
5. Serve the toast with pancake syrup, fruit sauce (recipe below) or applesauce.


FRUIT SAUCE (optional) Makes 8 servings. Serving size: 1/4 cup

Ingredients

- 3 cups sliced strawberries or other fruit of your choice
- 1/3 cup lite maple-flavored syrup (reduced sugar)
- dash cinnamon

Directions: Combine syrup and cinnamon in microwave safe dish. Place in microwave and heat approximately 30 seconds or until warm. Spoon over fruit and toss gently. Serve immediately over French toast.

Nutrition information Per Serving

FRENCH TOAST	Dietary Fiber	7 g	Saturated Fat	0 g
180 calories	Sodium	210 mg	Protein	0 g
Total Fat	5 g		Total Carbohydrate	11 g
Saturated Fat	1 g		Sodium	0 mg
Protein	9 g			
Total Carbohydrate	25 g			
	FRUIT TOPPING			
	45 calories			
	Total Fat	0 g		Excellent source of Vitamin C



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