

# FRENCH TOAST

Makes 8 servings

Serving Size: 1 slice

**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 margarine

## Directions

1. In a large bowl, beat eggs, and add milk, cinnamon and vanilla. Beat together until mixed well.
2. Melt margarine 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 maple-flavored syrup
- 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		FRUIT TOPPING	
130 calories		5 calories	
Total Fat	5 g	Total Fat	0 g
Saturated Fat	1.5 g	Saturated Fat	0 g
Protein	7 g	Protein	0 g
Total Carbohydrate	15 g	Total Carbohydrate	6 g
Dietary Fiber	2 g	Sodium	10 mg
Sodium	210 mg		



Excellent source of Vitamin C

