

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



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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



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