

Fantastic French Toast

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

2 egg

1/2 cup nonfat milk

1/2 teaspoon vanilla extract

6 slices whole wheat bread

syrup or other toppings (optional)

Instructions:

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Serve with syrup, applesauce, fruit slices, or jam.

Cost:

Per Serving: \$.18

Nutrition Facts	
Serving Size 1 slice, 1/6 of recipe (66g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 180mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 6g	
Vitamin A 2%	• Vitamin C 0%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4