Fantastic French Toast

Ingredients:

2 eggs
½ cup fat-free milk
½ teaspoon vanilla extract
6 slices whole-wheat bread
Light syrup or fruit toppings (optional)

Directions:

1. Preheat griddle over medium heat, or set an electric frying pan at 375°F.
2. Put eggs, milk and vanilla in a 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 bread over to cook the other side. It will take about 4 minutes on each side.

Yields about 6 servings

Nutrition Facts

| Serving Size | Nutrition Analysis | Calories | % Daily Value *
|--------------|--------------------|----------|------------------
| 1 slice     |                    | 100      | Calories from Fat 25%
| Serving Per Recipe |                 |          | Total Fat 2.5g 4%
|              |                    |          | Saturated Fat 1g 4%
|              |                    |          | Trans Fat 0g    0%
|              |                    |          | Cholesterol 70mg 24%
|              |                    |          | Sodium 170mg 7%
|              |                    |          | Total Carbohydrate 13g 4%
|              |                    |          | Dietary Fiber 2g 8%
|              |                    |          | Sugars 3g        |

| Protein 7g | Vitamin A 2% | Vitamin C 0% | Calcium 6% | Iron 6% |
| Total Fat  | Sodium 300mg | 300mg       | Less than  | 25g |
| Saturated Fat | Less than  | 25g         | 65g        | 25g |
| Cholesterol | 300mg       | 300mg       | Less than  | 25g |
| Total Carbohydrate | 30g         | 275g        | 2,400mg    | 30g |
| Dietary Fiber  | 25g         | 30g         | 2,400mg    | 30g |

25% calories from fat

Analysis does not include added syrup or toppings.

Source: Loving Your Family, Feeding Their Future - The Healthy Family Guide Book, p. 19