



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

servings per container
Serving size 1 slice (65g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	

Cholesterol 60mg	20%
-------------------------	------------

Sodium 160mg	7%
---------------------	-----------

Total Carbohydrate 13g	5%
-------------------------------	-----------

Dietary Fiber 0g	0%
------------------	-----------

Total Sugars 2g	
-----------------	--

Includes 0g Added Sugars	0%
--------------------------	-----------

Protein 6g	
-------------------	--

Vitamin D 1mcg	6%
----------------	-----------

Calcium 70mg	6%
--------------	-----------

Iron 1mg	6%
----------	-----------

Potassium 103mg	2%
-----------------	-----------

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

Cornell Cooperative Extension provides equal program and employment opportunities.