French Toast with Fruit Sauce

Ingredients:
- 4 eggs
- 1 cup skim milk
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg & ginger (optional)
- 1/2 tsp. vanilla
- 8 slices whole wheat bread
- 1 tablespoon margarine
- 1 pint strawberries, sliced
- 1/3 cup maple syrup

Equipment:
- Cutting board
- Knife
- Large bowl
- Large non stick skillet or griddle
- Spatula/ Turner
- Wire whisk

Number of Servings: 8
Prep Time: 5 minutes
Total time: 10 minutes

Directions

1. To crack an egg, tap it in several places on a hard surface until the shell is broken, and pull apart with your fingers. Pour the egg into a glass and check for shells and bad smells. If it is OK, add to bowl.


3. Dip one slice of bread at a time in the egg mixture to coat both sides. Place in hot skillet. Brown each side, about 2 minutes or more. Remove from skillet.

4. While toast is cooking, use a potato peeler or small sharp knife to pull tops off of strawberries. Slice or chop strawberries and put in small bowl.

5. Add syrup and cinnamon to bowl. Mix well. Microwave in oven for 30 seconds until warm and stir. Spoon immediately over French toast.