

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.
2. Add milk, cinnamon and vanilla to eggs. Beat until mixed well. Melt margarine in large skillet on medium-high heat.
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.

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Nutrition Facts

Serving Size: 1 slice with 1/2 cup fruit
 Servings: 8

Amount Per Serving

Calories 177 Calories from Fat 45

%Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g 7%

Cholesterol 107mg **36%**

Sodium 217mg **9%**

Total Carbohydrate 26g **9%**

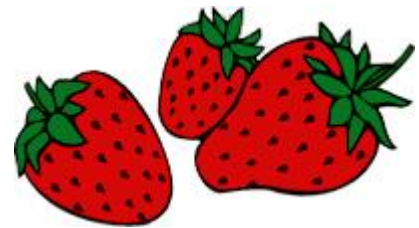
Dietary Fiber 3g **12%**

Protein 7g **14%**

Vitamin A 5% Vitamin C 40%

Iron 9% Calcium 9%

*Percent Daily Values are based on a 2,000 calorie diet.



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