

Fruity French Toast

What you need:

To make 4 servings (2 slices each serving):

- 8 slices whole wheat bread
- 2 eggs, beaten
- 1 cup skim or 1% milk (for low lactose diets try lactaid or soy milk)
- Cinnamon, nutmeg to taste
- 1 Tablespoon brown sugar
- 1 Tablespoon maple or vanilla extract
- Fresh, frozen or rinsed canned fruit



(over for directions, nutritional information)

Fruity French Toast (continued)

How to make:

Blend eggs, milk, spices, flavoring and sweetener together.

Beat well. Dip bread in mixture. Cook in skillet, using cooking spray. Top with fruit.

Garnish with a spoonful of yogurt.

Nutrition Information:

Serving Size:	2 slices
Calories:	150 calories
Fat:	1 gm.
Carbohydrate:	30 gm.
Fiber:	3 gm.
Protein:	2 gm.
Sodium:	250 mg.



Recipe courtesy of Lifetime Health Medical Group