

Recipes

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 For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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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*			/alue*
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.			

Directions

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- 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 mediumhigh 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.



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



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