



French Toast with Fruit

Ingredients

- 4 eggs
- 1 cup 1% milk
- ½ teaspoon ground cinnamon, divided
- ½ teaspoon vanilla extract
- 1 tablespoon butter
- 8 slices whole-wheat bread
- 3 cups strawberries, sliced
- ⅓ cup maple syrup

Directions

1. In a large bowl, beat eggs with a fork or whisk. Add milk, ½ of the cinnamon, and vanilla extract. Beat until mixed well.
2. Melt butter in the skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture and turn over to coat both sides.
4. Place bread slices in hot skillet. Use a spatula to turn bread. Cook each side until golden brown, about 2 minutes.
5. To make fruit sauce, combine strawberries, syrup, and remaining cinnamon in a small, microwave-safe bowl. Mix well.
6. Microwave for 30 seconds or until warm. Remove from microwave and stir.
7. Spoon immediately over French toast and serve.

Nutrition Facts

Serving Size 1 serving (170.79g)
Servings Per Container 8

Amount Per Serving

Calories 240 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 210mg **9%**

Total Carbohydrate 38g **13%**

Dietary Fiber 4g **16%**

Sugars 14g

Protein 8g

Vitamin A 6% • Vitamin C 50%

Calcium 8% • Iron 10%

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