

Fantastic French Toast

Start your day with this classic breakfast recipe and serve it with fresh or canned fruit.

Makes: 6 Servings

Source: U.S. Department of Agriculture, Choose MyPlate recipe/Fantastic French Toast



Small Changes,
BIG Difference!

Ingredients

- 2 large eggs
- 1/2 cup non-fat milk
- 1/2 teaspoon vanilla extract
- 6 slice whole wheat bread
- syrup or other toppings (optional)

Directions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Optional: serve with syrup, applesauce, fruit slices, or jam.



Nutrition Information

Serving Size: 1/6 of recipe

| Nutrients | Amount |
|----------------------|--------|
| Calories: | 102 |
| Total Fat: | 3 g |
| Saturated Fat: | 1 g |
| Cholesterol: | 62 mg |
| Sodium: | 160 mg |
| Total Carbohydrates: | 13 g |
| Dietary Fiber: | 2 g |
| Total Sugars: | 2 g |
| Added Sugars: | 1 g |
| Protein | 6 g |
| Vitamin D | 1 mcg |
| Calcium | 79 mcg |
| Iron | 1 mg |
| Potassium | 126 mg |

Utensils Needed

- Shallow bowl or dish
- Frying pan or griddle
- Spatula for turning the toast
- Fork
- Serving plate



SHOPPING LIST

Average total cost without oil and toppings: \$10.46

Average cost/serving: \$1.74

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Eggs 12 ct



Add 1 to Cart
Non-Fat Milk, 1/2 gal.



Add 1 to Cart
Vanilla Extract



Add 1 to Cart
Whole Wheat Bread, Sliced-1 loaf



Add 1 to Cart
Syrup, 24 fl oz (optional)

My Cooking Notes
