

BITS and BITES

Easy French Toast

Makes 8 Servings

Serving Size: 1 slice

Ingredients

- 4 eggs, beaten
- 1 cup skim or low-fat milk
- ½ tsp. ground cinnamon or nutmeg
- ½ tsp. vanilla
- 8 slices of whole-wheat bread (day-old bread is easier to use)
- 1 tbsp. of oil (olive, canola) or non-stick cooking spray

Directions

1. In a large bowl, beat eggs with fork & add milk, cinnamon, & vanilla. Beat together until well mixed.
2. Coat a large skillet with non-stick spray or oil & set to medium-high heat.
3. Dip one slice of bread at a time into the egg mixture to coat both sides evenly.
4. Place soaked slice in hot skillet. Brown each side for about 2 minutes or more.
5. Remove from heat & enjoy!

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

Remember to always **look for the word “whole” at the beginning of the ingredient list.** Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, wild rice, & whole rye. Foods that say “multi-grain”, “100% wheat”, “high fiber”, or are brown in color may not be a whole-grain product.

There are lots of **healthy & delicious** ways to top your French toast!

- Slice fresh fruit, like berries or bananas
- Melt frozen fruit in the microwave or on the skillet
- Top with a spoonful of low-fat yogurt

If you have more than you can use, **freeze & save** for another day. Reheat in the microwave, toaster, or toaster oven.

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance
Program Education (SNAP-Ed)

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