

Whole wheat French toast

Makes 4 servings

Ingredients:

2 eggs
1 tablespoon sugar (optional)
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
1 cup milk of choice (dairy, almond, soy, etc)
8 slices whole wheat bread
Butter or neutral cooking oil, like canola



Optional toppings: maple syrup, fresh fruit like bananas or berries, additional butter, spices like cinnamon or cardamom, powdered sugar

Instructions:

Whisk together egg, vanilla, cinnamon, and sugar, if using, in a shallow dish or bowl. Stir in milk.

Dip bread in egg mixture, coating evenly.

Heat skillet and lightly grease with butter or oil. Add bread slices to pan; cook both sides until evenly browned. Serve warm and add additional toppings, if using.

Recipe source: adapted from Mark Bittman, How to Cook Everything

Nutrition info: 193 calories, 3.4g fat, 280mg sodium, 29g carb, 4.2g fiber, 13g protein. Excellent source of calcium. Good source of iron.



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