



Fantastic French Toast

Fantastic French toast with fresh fruit is a delicious way to start the day. Kids can help whisk, dip, and decorate for a fun, hands-on breakfast. The fruit adds extra vitamins and fiber, making this treat both tasty and nutritious!

Ingredient

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

Instructions

1. Wash your hands.
2. Preheat the griddle over medium heat, or set an electric frying pan at 375 °F.
3. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
4. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
5. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
6. 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.
7. Optional: serve with syrup, applesauce, fruit slices, or jam.

Source: Adapted from Fantastic French Toast, University of Wisconsin Cooperative Extension Family Living Program