

Breakfast

Fruity French Toast

Cost: Per Recipe: \$2.97 Per Serving: \$0.74



*shown with fruit and fruit syrup

For more information on healthy eating, check out www.revolutionhealth.com

Fruity French Toast

Serving Size: 2 slices

Yield: 4 Servings

Ingredients:

- 4 eggs
- ½ cup non-fat or low-fat milk
- 8 slices of whole grain bread
- 4 tsp butter or margarine
- 2 cups sliced fruit (such as bananas, apples, or peaches)

Instructions:

1. In bowl, beat eggs and milk together.
2. Dip bread into egg mixture so bread is thoroughly soaked.
3. Coat frying pan with 1 tsp butter or margarine and place over medium heat. Put 2 bread slices in pan and heat until lightly browned. Turn slices over and heat until browned.
4. Repeat until all bread slices have been browned (use 1 tsp butter or margarine for every 2 slices of bread).
5. Top each slice with sliced fruit.

Nutrition Per Serving:

Calories 313, Calories from Fat 99g, Protein 12g, Fat 11g(sat 0g), Carbohydrate 44g, Fiber 4g, Cholesterol 225mg, Sodium 226mg, Sugar 8g

Healthy Additions:

- Apples, Pears, Plums, Peaches

Healthy Tip:

- Eating at home is a healthier and a more affordable choice.
- Place frozen fruit in a pan with water. Heat and make your own healthy fruit syrup.

Eating breakfast helps to maintain a healthy weight.

• Breakfast starts your metabolism for the day. Studies have shown people who ate breakfast regularly were only half as likely to be obese as those who usually skipped it.¹

• Choosing high fiber, whole grain varieties of cereal and breads has shown to lower your risk of heart disease, diabetes, and strokes.²

• Avoid processed meat, white flour, high fat, and sugary meals.

Call your local health department for more information.



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www.LCDHD.org

1. President and Fellows of Harvard College
2. Harvard studies - The Health Professionals' Follow-up Study and Nurses' Health Study