Fruity French Toast

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

Serving Size: 2 slices
Yield: 4 Servings

Ingredients:
4 eggs
1/2 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 96g, Protein 17g, Fat 11g (0%), Carbohydrate 44g, Fiber 4g, Cholesterol 255mg, 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.
- Choosing high fiber, whole grain varieties of cereal and breads has shown to lower your risk of heart disease, diabetes, and strokes.
- Avoid processed meats, white flour, high fat, and sugary meals.

Call your local health department for more information.

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1. Prevent and Recall of Harvard College
2. Harvard studies-The Health Professional's Nutrition Study and Nurses' Health Study/