

Fantastic French Toast

Kern County Aging and Adult Services

FAST AND EASY DELICIOUS BREAKFAST!



Recipe:

Ingredients

- 6 slices whole wheat bread
- 2 Eggs
- 1/2 cup non-fat milk
- toppings optional:
 - 1/2 tsp. of Vanilla
 - banana slices
 - blueberries
 - plain yogurt
 - grape jelly
 - brown sugar
 - applesauce
 - peanut butter



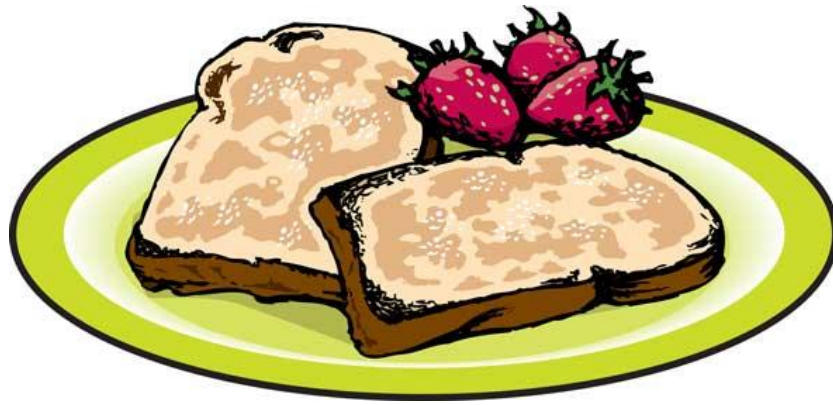
Directions

1. Preheat pan or griddle to 375 degrees
2. Put eggs, milk, and vanilla in a pan or shallow bowl and beat with a fork until well mixed
3. Grease the pan or griddle with a thin layer of oil or nonstick spray
4. Dip both sides of the bread, one slice at a time, in the egg mixture and cook on the hot pan or griddle.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 2 minutes on each side
6. Serve with jam, fruit slices, maple syrup, or applesauce.

Helpful Hints

- Incorporate any fruit that is in season and at the best price.
- Use plain yogurt in place of whipped cream to add more nutrition value.
- Grate some of an orange peel for flavor in place of vanilla to save some money.
- Cinamon can also be used to add some sweetness without the extra sugar.





Frequently asked questions

- Does it matter what type of bread I use?
 - No, you can use whatever kind of bread you like. We suggest whole wheat bread because it is not missing any of the nutrients that white bread is missing.
- Can we use frozen fruits?
 - Yes, just let them thaw beforehand. Frozen fruit is just as good as fresh fruit; it still has all the same vitamins and antioxidants.
- What if I don't have any fruit?
 - You can use any fruit you like to top off the French toast, or just top it off with some cinnamon or jam. It is all up to your personal preference; the options are endless!
- Is there anything I can use instead of vanilla?
 - The Vanilla is just to add flavor, you can use some cinnamon or even some of the zest from the peel of an orange or lemon.

**"I never realized
how easy it is to
make French
toast."**

