

French Toast with Fruit Sauce

Number of servings: 8
 Preparation time: 5 minutes
 Total time: 10 minutes

Ingredients:

4 large eggs, beaten
 1 cup skim milk
 1 teaspoon ground cinnamon or nutmeg
 1 teaspoon imitation vanilla
 8 slices whole wheat bread
 1 tablespoon margarine
 3 cups of apples or peaches, cut into chunks
 ¼ cup honey

Equipment Needed:

Cutting board
 Knife
 Large bowl
 Large non-stick skillet or griddle
 Spatula
 Wire whisk
 Measuring spoon and cup

Directions

In large bowl, beat eggs, add milk, and ½ teaspoon each of both the cinnamon and vanilla.

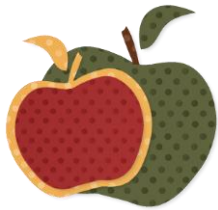
Beat until mixed well.

Melt margarine in large skillet on medium-high heat.

Dip one slice of bread at a time in the egg mixture and coat both sides of the slice.

Place in hot skillet. Brown each side, about 2 minutes.

To make fruit sauce, combine the apple chunks, the remaining cinnamon and vanilla, honey, and ½ cup of water in the skillet. Cover, bring to a boil and then simmer for 10 minutes or until the sauce is thick and apples are soft. (Sauce can also be made in the microwave; combine the ingredients and microwave in a covered dish on high for 3 minutes) Spoon over the French toast and enjoy!



**Leave the skin on half
 of the fruit for added
 fiber!**

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Nutrition Facts

Serving Size: 1 slice with 1/2 cup fruit
 Recipe makes 8 servings

Calories 183	
Calories from Fat 5g	(23%)
Amount Per Serving	%DV
Total Fat 5g	8%
Saturated Fat 1g	7%
Monounsaturated Fat 2g	10%
Polyunsaturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 107mg	36%
Sodium 217 mg	9%
Potassium 286 mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	13%
Protein 7g	15%
Vitamin A 264 IU	5%
Vitamin B6 .1mg	7%
Vitamin B12 .4mcg	7%
Vitamin C 36mg	59%
Calcium 94 mg	9%
Iron 2mg	10%

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