

# Eat Smart • Move More

## French Toast with Fruit Sauce

Prep Time: 5 minutes

Total Time: 10 minutes



### Ingredients

- 4 eggs
- 1 cup 1% milk
- ½ teaspoon ground cinnamon, divided
- ½ teaspoon vanilla extract
- 1 tablespoon butter
- 8 slices whole-wheat bread
- 3 cups strawberries, sliced
- ⅓ cup maple syrup

### Directions

- In a mixing bowl, beat eggs with a fork or whisk. Add milk, ¼ teaspoon cinnamon, and vanilla extract. Beat until mixed well.
- Melt butter in a skillet on medium-high heat.
- Dip one slice of bread at a time in the egg mixture and turn over to coat both sides.
- Place bread slices in the hot skillet. Use a spatula to turn bread. Cook each side until golden brown, about 2 minutes.
- To make fruit sauce, combine strawberries, syrup, and remaining ¼ teaspoon cinnamon in a microwave-safe bowl. Mix well. Microwave for 30-60 seconds or until warm. Remove from microwave and stir.
- Spoon over French toast and serve.

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(170.79g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 14g	
Includes 8g of Added Sugars	<b>16%</b>
<b>Protein</b> 8g	
Vitamin D 1mcg	<b>4%</b>
Calcium 91mg	<b>8%</b>
Iron 2mg	<b>10%</b>
Potassium 337mg	<b>8%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ You can also substitute the strawberries for other fruits, like blueberries, peaches, or apples. Frozen fruit works, too.
- ▶ Breakfast is important to help fuel your mind and body for the day ahead.

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(Recipe adapted from: <http://www.foodnetwork.com>.)

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