

## French Toast

Preparation time **5 minutes**

Cooking time **6 minutes**

Servings **2**

Cost per serving **\$1.01**

Storage **3 days in the fridge.  
Can be frozen.**

Kitchen tools **Measuring cups and spoons,  
shallow bowl or baking dish,  
fork, large frying pan, spatula.**



## Ingredients



2 **eggs**



125 ml (½ cup)  
**milk**



30 ml (2 tbsp)  
**brown sugar**



2.5 ml (½ tsp)  
**vanilla**



1 ml (¼ tsp)  
**ground cinnamon**

*OR RAISIN  
BREAD*

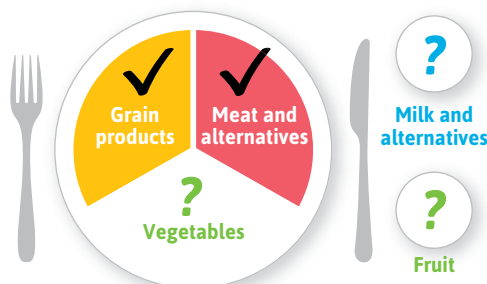


4 slices  
**whole-wheat bread**



30 ml (2 tbsp) **butter**  
or non-hydrogenated  
margarine

Illustrations © Québec Amérique. All rights reserved (ikonet.com)



### Balanced plate

Serve with:

- ? Meat and alternatives to round out the serving (nuts, for example)
- ? Fruit (fresh fruit or applesauce, for example)
- ? Milk and alternatives (cottage cheese, yogurt, or a glass of milk or fortified soy beverage, for example)

# Directions

1

In a shallow bowl or baking dish, add the **eggs, milk, brown sugar, vanilla** and **cinnamon**. Mix with a fork.

**Variation :** Add extra flavour by grating the zest of one orange into the mixture.



2

Place the bread slices in the egg mixture, then turn them over so they absorb all the liquid.



3

Melt the butter or margarine in a large frying pan over medium heat and put in the bread slices. Cook for about 3 minutes on each side, or until the bread is golden brown.

**Tip:** If all four slices can't fit into your frying pan at once, make the French toast in two batches.



My rating: ★ ★ ★

---

---

---

---

---

---

---

---

---

---

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition