

Whole-Wheat French Toast

<u>Code</u>
\$, Q, V



Ingredients Needed:

- 1 egg
- ½ cup skim milk
- ½ tsp. vanilla extract
- Ground cinnamon, to taste
- Non-stick cooking spray
- 2 slices whole-wheat bread

<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	262
Total Fat	7 g
Sat Fat	2 g
Sodium	470 mg
Added Sugar	3 g
Fiber	4 g
Vitamin A	21% DV
Vitamin D	13% DV
Calcium	24 % DV
Iron	11% DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- Crack the egg into a bowl and add milk. Add the vanilla extract and cinnamon.
- Mix the egg with a fork until the yoke is completely dissolved and the mixture is a light yellow color.
- Spray with a skillet with cooking spray. Add the butter to the skillet, and spread it throughout. Set the burner to medium heat.
- Dunk one slice of bread into the egg mixture, flip it. Don't let it soak for more than a few seconds and place it onto the skillet.
- After about 3 minutes, check to see if the bottom of the bread is golden brown. If so, flip the slice and cook it for another 3 minutes.
- Serve and Enjoy!