

French Toast

Whole grain bread gives this recipe a healthy twist.

Serves 2



Ingredients

- 3 eggs
- $\frac{1}{4}$ cup plain, low-fat yogurt
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 4 slices whole wheat bread

Nutrition Facts

Serving Size 2 Slices
Servings Per Container 2

Amount Per Serving

Calories 290 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 320mg **107%**

Sodium 410mg **17%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 19g

Vitamin A 10% • Vitamin C 0%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Whisk together eggs, yogurt, cinnamon, and vanilla.
2. Dip bread slices in egg mixture.
3. Add to non-stick griddle over medium high heat.
4. Flip after 3 minutes and cook about 3 minutes more.
5. Serve with fresh fruit and your favorite syrup.

Please note: nutritional values are approximate.

