



## Fantastic French Toast

### Choose My Plate

6 servings

A quick and easy meal; perfect for those busy mornings!

#### Ingredients

2 eggs  
1/2 cup non-fat milk  
1/2 teaspoon vanilla extract  
6 slices whole wheat bread  
Syrup or other toppings (optional)

#### Materials

Griddle or frying pan, shallow bowl, fork, flipper

#### Directions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Serve with syrup, applesauce, fruit slices, or jam

#### Notes

May use pancake syrup or reduced calorie syrup in place of maple syrup.

#### View Online

<http://southern-tier-eats.martny.org/recipes/fantastic-french-toast>



**Cornell University**  
Cooperative Extension

Southern Tier Eat Smart New York  
The Atrium, 100 S. Salina St.  
Syracuse, New York 13202  
315-424-9485

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