

CINNAMON FRENCH TOAST STICKS



Ingredients

6 Hot Dog Buns,
Enriched or Whole Grain-Rich
(at least 1 ounce each)

2 Large Eggs

$\frac{3}{4}$ Cup Milk

$1\frac{1}{2}$ Teaspoon Vanilla Extract

1 Tablespoon Maple Syrup

2 Tablespoons Butter

2 Tablespoon Cinnamon
Sugar

Directions

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. Slice the hotdog buns in quarters, so you have four long “sticks”.
3. In a medium bowl, whisk together the milk, eggs, vanilla, maple, salt, and 1 tablespoon melted butter.
4. Place the sliced hotdog buns and let them soak in the milk mixture for about 1 minute. Remove, allowing any excess to drip off back into the bowl.
5. Place on the prepared baking sheet and bake for 10 minutes.
6. While they are in the oven, in a small bowl, whisk together the butter and cinnamon sugar and set aside.
7. Remove the sticks from the oven after 10 minute and brush with the cinnamon mixture.
8. Return to the oven for another 10 minutes.

YIELD:
24 STICKS

Crediting

Provides a Grain/Bread at Breakfast:

Toddler
2 Sticks

Preschool
2 Sticks

School Age
4 Sticks

Adult
8 Sticks