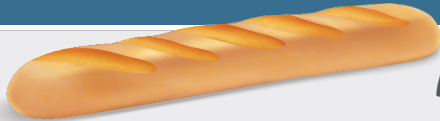


CLASSIC FRENCH TOAST



March 21

National French Bread Day

INGREDIENTS

- 3 Eggs
- 1 Cup Milk
- 2 Teaspoons Sugar (optional)
- 1 Teaspoon Ground Cinnamon (optional)
- 1 Teaspoon Vanilla Extract (optional)
- 8 Slices French Bread (whole grain-rich or enriched; at least 28 grams each)
- Butter (for frying)

DIRECTIONS

1. Whisk the eggs and milk (sugar, cinnamon and vanilla if using) together until well combined.
2. Heat a medium sized fry pan over medium heat and add half a teaspoon of butter.
3. Dip bread slices in the egg mixture for 30 seconds before flipping over for another 30 seconds.
4. Place the bread slices in the frypan and cook for 5 minutes each side over medium to medium low heat. Check every few minutes to make sure the french toast isn't burning.
5. To check the toast is ready press in the center and if it springs back its cooked through.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Toasts

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice	½ Slice	2 Slices	3 Slices