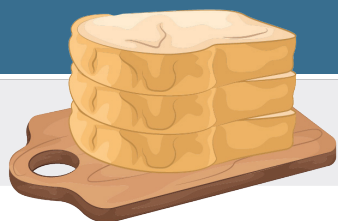


PUMPKIN FRENCH TOAST ROLL UPS



November 28

National French Toast Day

INGREDIENTS

- ⅔ Cup Canned Plain Pumpkin
- ⅔ Cup Granulated Sugar (divided)
- 1 Teaspoon Pumpkin Pie Spice
- 1 Teaspoon Cinnamon
- 12 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- 2 Eggs
- 4 Tablespoons Milk
- Butter (for coating skillet)

DIRECTIONS

1. In a small bowl, whisk together pumpkin, ⅓ cup granulated sugar and pumpkin pie spice. Set aside.
2. In another dish, mix remaining ⅓ cup sugar and cinnamon, set aside.
3. Flatten bread with rolling pin.
4. Spread pumpkin pie filling on one side of each slice of bread. Tightly roll up the slice of bread. Continue for remaining slices.
5. In a shallow dish, beat eggs, and milk with whisk.
6. In 10-inch skillet, melt butter over medium heat to coat inside of skillet. Dip each roll into egg mixture, and place in skillet.
7. Cook in batches of 4 or 5, turning until roll is browned. Dip into cinnamon sugar, and roll until completely covered. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Roll Ups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Roll Up	½ Roll Up	1 Roll Up	2 Roll Ups