

Cinnamon French Toast

Makes: 4 Servings

Ingredients

Seasonal fresh fruit (as desired)

4 eggs

1/3 cup milk, low-fat

1/2 teaspoon cinnamon

1 teaspoon vanilla extract (optional)

8 slices whole-grain bread

vegetable cooking spray

Directions

1. Wash fresh fruit and slice as a topping for the French toast.
2. Preheat griddle on medium-low heat.
3. Break eggs into mixing bowl.
4. Add milk, cinnamon (and vanilla, if desired) to mixing bowl with eggs; mix well with fork.
5. Dunk bread into egg/milk mixture; make sure all of the bread is covered.
6. Spray the griddle with cooking spray.
7. Place bread on the griddle and cook for 3 to 4 minutes or until lightly browned. Then flip the French toast over and cook on the other side for 3 to 4 minutes or until lightly browned.
8. Place French toast on plate and top with prepared fresh fruit if desired.
9. Enjoy!

Notes

Serving Size: 2 slices