

French Toast with Berries



Ingredients:

- 1 egg or equivalent egg substitute
- 1 ripe banana
- 3/4 cup almond milk
- 1 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon vanilla
- 8 slices of whole grain bread
- Non-stick cooking spray
- 1 cup fresh mixed berries
- 1/4 cup agave, honey, or maple syrup (optional)
- 4 teaspoons powdered sugar (optional)

Directions:

1. Place the egg, banana, milk, cinnamon, nutmeg, and vanilla in a blender or food processor. Blend until completely smooth.
2. Pour the egg mixture into a pie plate so that you can dip your bread into.
3. Pre-heat your skillet a medium-high heat.
4. Gently dip each bread slice into egg mixture, coating both sides of each slice of bread.
5. Spray the skillet with some non-stick cooking spray. Place the bread into the skillet, making sure not to crowd the skillet.
6. Let the bread cook for 2-3 minutes on each side, or until golden brown.
7. Serve immediately with fresh berries, syrup, and powdered sugar as desired.

Makes 4 servings.



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