

# CINNAMON-SPRINKLED FRENCH TOAST

Makes 2 servings (1 slice)

Original recipe by Cecilia Martinez (Los Angeles)

## Ingredients:

- ◆ 2 large eggs
- ◆ 2 Tbsp. fat-free milk
- ◆ ½ tsp. ground cinnamon, or to taste
- ◆ 2 slices whole wheat bread
- ◆ 1 tsp. butter or margarine
- ◆ 4 tsp. light pancake syrup

## How to make:

Kids: Crack 2 eggs into flat-bottomed bowl. Thoroughly whisk in milk and cinnamon. Dip bread slices, one at a time, into egg mixture in bowl, wetting both sides. Re-dip, if necessary, until all the egg mixture is absorbed into the bread.

Adults: Meanwhile, heat large, non-stick skillet over medium heat. Add butter. Place dipped bread slices in skillet. Cook for 2 ½ to 3 minutes per side, or until both sides are golden brown.

Kids: Drizzle each with syrup. Serve while warm.

Try this toast with a tall glass of fat-free milk. It's a tasty way to start your day!

### HEALTHY RECIPE MAKEOVER HOW-TO:



Whole wheat bread is used instead of white. Fat free milk is used instead of a higher fat version. And, other than in cooking, no additional butter is needed on top of this flavorful French Toast. Finally, low-calorie pancake syrup is used since it has less sugar and calories than the regular type.

### Did you know?

**Cinnamon is a sweet spice that comes from a tropical evergreen tree. Start with ½ teaspoon cinnamon in this recipe. If you're a fan of this unique spice, go for 1 teaspoon the next time.**

## Nutrition Info per serving:

190 Calories, 19 g Carbohydrates, 10 g Protein, 8 g Total fat, 3 g Saturated fat, 215 mg Cholesterol, 2 g Dietary Fiber, 250 mg Sodium, 8 % Vitamin A, 0 % Vitamin C, 8 % Calcium, 10 % Iron