



French Toast

1. Slice day-old French or Vienna bread about 3/4 inch thick. Allow 2 slices per person.
2. In a mixing bowl, beat together:
 - 2 eggs
 - 3/4 cup milk
 - 1 Tbl. sugar
 - 1/2 tsp. vanilla
 - 1/8 tsp. cinnamon
3. Dip bread slices in egg mixture. Coat well, but do not soak!
4. Coat a griddle with non-stick cooking spray. Preheat electric griddle to 350° F.
5. Cook bread slices until well-browned and crisp on each side. Turn only once.
6. Serve hot, sprinkled with powdered sugar, or with fruit, jam, or syrup.

Nutrition Information

Servings Per Recipe: 3

Amount Per Serving

Calories: 243

- **Total Fat:** 6.6g
- **Cholesterol:** 147mg
- **Sodium:** 392mg
- **Total Carbs:** 33.2g
- **Dietary Fiber:** 1.5g
- **Protein:** 10.9g