

# 5 Ways to Eat Your Eggs

## Whole Wheat French Toast

### Makes

8 servings

### Prep time

5 minutes

### Cook time

10 minutes

### Good Source of

Protein  
Calcium  
Vitamin D

### Ingredients:

2 large eggs  
1 cup non-fat (skim) milk  
1 Tbsp. brown sugar  
1 tsp. vanilla extract  
1 tsp. ground cinnamon  
8 slices whole wheat bread  
Nonstick cooking spray

## Nutrition Facts

8 servings per container	
Serving size	1 slice (74g)
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein 6g</b>	
Vitamin D 1mcg	6%
Calcium 94mg	8%
Iron 1mg	6%
Potassium 140mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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## Directions

### Whole Wheat French Toast

#### Directions:

1. Pre-heat a pan, skillet, or griddle over medium heat.
2. In a shallow casserole dish, whisk eggs until well incorporated.
3. Add in milk, brown sugar, vanilla, and cinnamon and whisk until smooth and well combined.
4. Dunk the bread slices into the batter until just soaked, and flip to soak the other side. Do not let the bread sit in the batter or it will be difficult to handle and cook.
5. Spray the pan with nonstick cooking spray and cook the soaked bread slices until golden brown, about 3 to 5 minutes. Flip and cook the other side until golden, or an additional 3 to 5 minutes.
6. Repeat with remaining ingredients. Serve hot. Refrigerate leftovers.

**Serving Suggestions:** Top with your favorite fruits, such as mango, papaya, or bananas.

