

country breakfasts

Strawberry Cinnamon French Toast

Makes 4 servings

- 1 egg
- ¼ cup fat-free (skim) milk
- ½ teaspoon vanilla
- 4 (1-inch-thick) diagonally cut slices Italian bread
(about 1 ounce each)
- 2 teaspoons reduced-fat margarine
- 2 packets sugar substitute
- ¼ teaspoon ground cinnamon
- 1 cup sliced strawberries
- Fresh mint leaves (optional)

1. Preheat oven to 450°F.
2. Spray nonstick baking sheet with nonstick cooking spray; set aside.
3. Beat egg, milk and vanilla in shallow dish or pie plate until blended. Dip bread slices in egg mixture until completely coated and all egg mixture is absorbed. Place on baking sheet; bake 15 minutes or until golden, turning over halfway through baking time.
4. Meanwhile, combine margarine, sugar substitute and cinnamon in small bowl; stir until well blended. Spread mixture evenly over French toast. Top with strawberries. Garnish with mint.

Prep Time: 10 minutes

Bake Time: 15 minutes

Nutrients per serving: 1 French toast slice with ¼ cup strawberries
Calories: 125, **Calories from Fat:** 23%, **Total Fat:** 3g,
Saturated Fat: 1g, **Cholesterol:** 53mg, **Sodium:** 220mg,
Carbohydrate: 19g, **Fiber:** 2g, **Protein:** 5g

Dietary Exchange: 1 Starch, ½ Fat



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