

Cinnamon French Toast

Yield: 8 slices

Serves: 4 adults

Ingredients

seasonal fresh fruit
4 eggs
1/3 cup low-fat (1% or less) milk
1/2 teaspoon cinnamon
1 teaspoon vanilla extract (optional)
8 slices whole-grain bread
vegetable cooking spray.

Steps

1. **Wash fresh fruit** and slice as a topping for the French toast.
2. Preheat griddle on medium-low heat.
3. Break eggs into mixing bowl.
4. **Add milk, cinnamon (and vanilla, if desired) to mixing bowl with eggs; mix well with fork.**
5. **Dunk bread into egg/milk mixture;** make sure all of the bread is covered.
6. Spray the griddle with cooking spray.
7. Place bread on the griddle and cook for 3 to 4 minutes or until lightly browned. Then flip the French toast over and cook on the other side for 3 to 4 minutes or until lightly browned.
8. Place French toast on plate and **top with prepared fresh fruit if desired.**
9. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Tickle Your Appetite](#).

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