



Featured Recipe: Cinnamon-Sprinkled French Toast

Try this toast with a tall glass of fat-free milk. Did you know that cinnamon is a sweet spice that comes from a tropical evergreen tree? You may add up to 1 teaspoon in this recipe if you like this unique spice.

Ingredients:

2 large eggs
2 Tbsp nonfat milk
1/2 tsp ground cinnamon, or to taste
2 slices whole wheat bread
1 tsp butter or margarine
4 tsp light pancake syrup
Add fresh strawberries and blueberries (optional)

Directions

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 1/2 to 3 minutes per side, or until both sides are golden brown.

Kids: Drizzle each with syrup. Serve while warm.

Makes 2 servings (1 slice). 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.