

# French Toast

## With UHT (boxed) Milk

- UHT milk is shelf stable and usually comes in a box. It is pasteurized at a higher temperature than refrigerated milk so it can be kept for longer and without a refrigerator.
- It has a slight “cooked” taste so it works perfectly in dishes that call for milk.
- French Toast is best when it is made with stale or dry bread. If you do not have stale bread, you can leave some bread out overnight or place fresh bread in a 275 degree oven for 10 minutes.
- Top with our Blueberry sauce or fresh fruit and powdered sugar.

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>1/2 cup (1/10th of dish)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 20g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 2mg	10%
Potassium 116mg	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.

# Easy French Toast

Servings: 2 Prep Time: 10 minutes Cook time: 10 minutes



## Ingredients:

- 4 pieces whole grain bread, stale or toasted
- 2 eggs
- 1/4 cup milk (UHT or regular, low-fat)
- 1/2 teaspoon ground cinnamon
- 1/2 Tablespoon sugar
- 1/2 Tablespoon ground cinnamon
- Non-stick cooking spray

### Optional:

- 1/4 teaspoon ground nutmeg
- 1 teaspoon vanilla flavor
- 2 Tablespoons butter (1/2 Tablespoon per piece of toast)

## Directions:

1. **If your bread is not stale, Preheat oven to 275 degrees. Bake directly on the rack for 10 minutes.**
2. In a shallow pan (like a cake pan) **mix** the eggs, milk, cinnamon, sugar and optional ingredients (if using).
3. **Heat** a large skillet over medium-high heat and **spray** with cooking spray or 1/2 Tablespoon of butter.
4. While pan heats, slip stale bread into egg mixture. Let soak for 1 minute on each side.
5. **Place dipped toast in hot pan. Cook for 2-4 minutes on each side.**
6. **Optional:** place browned toast in a 400 degree oven for 5 minutes to crisp the outside and leave a creamy custard center. Repeat, spraying pan or adding butter between each piece of toast.
7. Serve with maple syrup, blueberry sauce or fresh fruit and powdered sugar.

Modified by: Kristen Elliott, RDN, LD

Inspired by: McCormick