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CINNAMON FRENCH TOAST

INGREDIENTS

- 2 Tbsp. **sugar**
- 1 tsp. **ground cinnamon**
- 1/4 tsp. **nutmeg**
- 4 **eggs**
- 1/4 cup **fat-free milk or milk of choice**
- 1/2 tsp. **vanilla**
- 8 slices **whole-grain bread or bread of choice**
- **Nonstick cooking spray**
- Toppings of choice (maple syrup, sliced bananas, strawberries, blueberries, etc.)



**Makes 4 servings
(2 slices each)**

DIRECTIONS

1. Mix together sugar, cinnamon and nutmeg in a large bowl.
2. Add eggs, milk, and vanilla. Combine thoroughly with a whisk or rotary beater.
3. Preheat the griddle or large fry pan sprayed with nonstick cooking spray.
4. Dip the bread in the egg mixture. Fry the French toast until light brown, then flip the slices and cook the other side.
5. Serve immediately with favorite toppings



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Source: NDSU Extension Service