

Cinnamon French Toast Sticks

15 g carbohydrates | 2.7 g total fat | 9 g protein

1 serving = 2 sticks (1/4th of serving size) | Approximately 120 calories



Toast with a twist

Did you know that French toast can be traced back to the Ancient Romans? This delicious tradition makes a great breakfast, snack, or dessert! It is made all around the world by different countries, but may be called different names. Try making this traditional food to see why it has been around so long.

Food Preparation Materials

Measuring cups and spoons
Cutting board or mat
Spatula
Cooking skillet
Whisk
Shallow dish
Non-stick cooking spray

Ingredients- Makes 4 servings

4 eggs
1/2 cup vanilla nonfat Greek yogurt
1/4 tsp. cinnamon
4 slices wide-loaf whole wheat bread

Sauce:

3/4 cup vanilla nonfat Greek yogurt
1/4 cup maple syrup
1/8 tsp. ground cinnamon

What To Do

1. Combine sauce ingredients.
2. Beat eggs, 1/2 cup yogurt, and cinnamon in shallow dish until blended.
3. Cut each bread slice into 4 wide sticks. Soak bread sticks in egg mixture, turning once.
4. Spray a skillet with non-stick cooking spray. Heat over medium heat until hot. Place half the bread sticks in skillet. Cook until golden brown and no visible liquid egg remains, 1 to 2 minutes per side.
5. Serve French toast with dipping sauce.