



French Toast Sticks with Berry Syrup

Servings 4 | Prep time 10 mins. | Total time 20 mins.

Equipment:

Shallow bowl
Large frying pan
Large saucepan with lid

Utensils:

Sharp knife
Whisk or fork
Spoon
Spatula
Measuring cups and spoons

Ingredients

For the French Toast

6 slices whole wheat bread
4 eggs
1/3 cup low-fat milk
1 tablespoon 100% orange juice
1 teaspoon (regular or imitation) vanilla extract
1/2 teaspoon ground cinnamon
Non-stick spray
1 cup (fresh or frozen) fruit, thawed

For the Berry Syrup

2 cups (fresh or frozen) berries, thawed
1 tablespoon sugar free pancake syrup
1 teaspoon ground cinnamon

Ingredients

1. Before you begin, wash your hands, surfaces, utensils, and fresh fruit (if using).
2. At least one hour before cooking, if using frozen fruit, place frozen fruit in refrigerator 1 hour ahead of time to defrost. When finished defrosting, retain juice from defrosted berries. Do not drain.
3. Cut each bread slice into four long strips length wise, for a total of 24 long sticks.
4. In a shallow bowl, beat eggs, milk, orange juice, vanilla, and cinnamon together, using a fork or whisk.
5. Carefully add the bread sticks to egg and milk mixture to soak—turn to coat all sides. Then, carefully remove egg-soaked bread pieces, gently shaking off extra liquid.
6. Lightly spray a frying pan with non-stick spray and warm over medium heat. Lay soaked bread pieces in a single layer on the frying pan. Cook until brown, or for about 2 minutes. Flip sticks over with a spatula.
7. Repeat step 6 until all French toast sticks have been cooked.
8. While French toast sticks are cooking, place berries, syrup, and cinnamon in a saucepan. Simmer over medium heat. Stir occasionally until berries are mostly broken down, about 3 to 5 minutes. Remove from heat and cover until ready to use.
9. Serve berry syrup over French toast sticks. Place fresh fruit on top of French toast sticks.

Nutritional Information:

Calories 290
Total Fat 8g
Sodium 330mg
Total Carbs 42g
Protein 14g