French Toast

Whole grain bread gives this recipe a healthy twist.

Serves 2

Ingredients

- 3 eggs
- ¼ cup plain, low-fat yogurt
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 4 slices whole wheat bread

Directions

1. Whisk together eggs, yogurt, cinnamon, and vanilla.
2. Dip bread slices in egg mixture.
3. Add to non-stick griddle over medium high heat.
4. Flip after 3 minutes and cook about 3 minutes more.
5. Serve with fresh fruit and your favorite syrup.

Nutrition Facts

Serving Size 2 Slices
Servings Per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 290</th>
<th>Calories from Fat 90</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.5g</td>
<td>18%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>320mg</td>
<td>107%</td>
</tr>
<tr>
<td>Sodium</td>
<td>410mg</td>
<td>17%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>27g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>19g</td>
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</tr>
</tbody>
</table>

Vitamin A 10% • Vitamin C 0%
Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:
- Less than 2,000 Calories: 65g
- Less than 2,500 Calories: 80g

Saturated Fat:
- Less than 2,000 Calories: 20g
- Less than 2,500 Calories: 25g

Cholesterol:
- Less than 2,000 Calories: 300mg
- Less than 2,500 Calories: 300mg

Sodium:
- Less than 2,000 Calories: 2,400mg
- Less than 2,500 Calories: 2,400mg

Total Carbohydrate:
- Less than 2,000 Calories: 300g
- Less than 2,500 Calories: 375g

Dietary Fiber:
- Less than 2,000 Calories: 25g
- Less than 2,500 Calories: 30g

Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.