

Ideas for your
healthy family

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Fun family meals

Whip up some fun in the kitchen. Put your family's taste buds to the test with this simple and tasty recipe.

Cinnamon French toast

Serves 2, serving size: 2 slices
299 calories per serving, 0 mg cholesterol per serving, 334 mg sodium per serving, 3 g fat per serving, trace saturated fat per serving

Ingredients:

4 egg whites
1 teaspoon vanilla
1/8 teaspoon ground nutmeg
4 slices cinnamon bread
1/4 teaspoon ground cinnamon
1/4 cup maple syrup

Directions:

1. In a small bowl, combine the egg whites, vanilla and nutmeg. Whisk to mix evenly. Dip the bread into the egg mixture, coating both sides.
2. Place a nonstick frying pan or griddle over medium heat. When a drop of water sizzles as it hits the pan, add the bread. Sprinkle with cinnamon.
3. Cook until both sides are golden brown, about 4 to 5 minutes on each side.
4. Place 2 slices of French toast on warmed individual plates. Add 1 teaspoon powdered sugar and 2 tablespoons maple syrup to each. Serve immediately.

