

French Toast – Heart & Figure Friendly

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking time: 5 minutes

Servings: 2 pieces per person, 2 people

CChints: This is a great hot breakfast any morning in only 10 minutes. This recipe uses heart and figure friendly ingredients. You can use different breads to get different tastes. We used wheat bread in the top photo and a raisin-nut bread in the bottom photo. Double this recipe for four servings. Note: Cooking spray can damage the finish on nonstick skillet. This is an easy recipe for the kids to help you prepare on a weekend.

4 slices of wheat bread

¼ cup liquid egg product

1 tsp olive or canola oil

2 slices of Canadian bacon

Reduced fat butter

Lite Maple syrup

optional: sprinkle lightly with cinnamon

Add oil to a 12" nonstick skillet and use a silicone turner to spread the oil as even as possible. Heat skillet over medium heat. Pour egg product into a shallow bowl where a piece of bread can lay flat. Drench one piece of bread at a time in the egg product on both sides and lay in the skillet.

Cook for 2-3 minutes on each side until golden brown. Take out of the pan and put 2 slices on each plate. Add the Canadian bacon to the pan, just to heat up because they are already precooked. While they are heating up, get out the butter and syrup. Turn off the heat under the skillet and add the bacon to the serving plates. Spread a small amount of butter on each piece and top with syrup.

Serve with a glass of low-fat milk or your favorite juice and enjoy.

Optional: Wheat bread can be substituted with any heart-healthy nut or multi-grain bread. Cinnamon and raisin types are equally delicious.

