

Delicious Berry French Toast

Serving Size: Serves 4, 1 piece of toast per serving, 20 minutes

Make this easy, colorful, and fruity breakfast any day of the week!

Ingredients

- 1 cup berries (blueberry, blackberry, raspberry, or strawberry)
- 2 bananas
- 1 Tablespoon sugar or honey
- 2 large eggs
- 1/2 cup low-fat milk
- 1 teaspoon ground cinnamon
- Cooking spray or oil
- 4 slices whole wheat bread



Materials

- Colander
- Cutting board
- Forks
- Measuring cups
- Measuring spoons
- Medium skillet
- Plates
- Oven mitts
- Rubber spatula
- Shallow baking dish
- Sharp knife
- 2 Small bowls
- Tongs
- Whisk

Instructions

1. Wash hands with soap and water.
2. Rinse berries. Remove any leafy tops. Slice 1/8-inch thick and put in small bowl.
3. Peel bananas. Slice into small pieces and put into bowl with berries.
4. Mix sugar or honey and 1/2 tsp. cinnamon to fruit. Set aside.
5. In a shallow baking dish, beat eggs with a whisk or fork until well blended.
6. Add milk and 1/2 tsp. cinnamon to eggs. Whisk to combine.
7. Coat skillet with non-stick cooking spray or oil. Heat skillet over medium heat for 2 minutes.
8. Using tongs, dip one piece of bread in egg mixture. Flip to coat both sides. Remove from egg mixture, shaking off any excess egg coating. Place quickly on medium-hot skillet. Cook until golden brown, about 2-3 minutes per side. Remove from pan using rubber spatula and set on a plate.
9. Repeat steps 6 and 7 until each piece of bread has been cooked.
10. Top each piece of bread with 1/4 cup of fruit mixture.
11. Enjoy! Clean up and refrigerate any leftovers.

Nutrition Highlights

Includes 100% whole grains

High in fiber

Includes fruit

Includes healthy fat



Serving size: 1 piece Total calories: 200 Total fat: 4g Saturated fat: 1.5g Carbohydrates: 35g Protein: 9g Fiber: 5g Sodium: 160mg



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Receta de French Toast con Bayas

Porción: Sirve 4, 1 pedazo de pan por porción, 20 minutos

¡Has este desayuno fácil, colorido y frutal cualquier día de la semana!

Ingredientes

- 1 taza de bayas (arándano, moras, frambuesa, fresa)
- 2 plátanos
- 1 cucharada de azúcar o miel
- 2 huevos
- 1/2 taza de leche bajo en grasa
- 1 cucharadita de canela molida
- Aceite o aceite de aerosol para cocinar

Materiales

- Colador
- Tabla para cortar
- Tenedores
- Tazas medidoras
- Cucharas medidoras
- Sartén
- Platos
- Guantes de cocina
- Espátula
- Plato para el horno
- Cuchillo
- 2 Pequeños tazones
- Batidor de mano

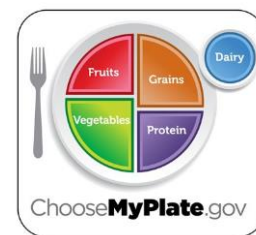


Nutricional

- 100% granos integrales
- Alta en fibra
- Incluye fruta
- Incluye grasas saludables

Instrucciones

1. Lavar las manos.
2. Lavar las bayas. Retire cualquier tapas frondosas. Corte la fruta en pedazos de 1/8 pulgada grueso y colocar en un tazón pequeño.
3. Mezclar azúcar o miel y 1/2 cucharadita de canela a las bayas. Ponga a un lado.
4. En un plato para horno bajo, bate huevos con un batidor de mano o un tenedor hasta que quede bien mezclado.
5. Agregue la leche y 1/2 cucharadita de canela a los huevos. Bata para combinar.
6. En un sartén en fuego medio, caliente aceite o aceite de aerosol por 2 minutos.
7. Usando pinzas, sumerge el pan con la mezcla de huevo. Retire la mezcla de huevo, sacudiendo cualquier exceso en el pan. Rápidamente, cocine en el sartén caliente. Cocine hasta que el pan esté dorado, aproximadamente 2-3 minutos por cada lado. Usando un espátula, retire el pan cocido de el sartén y coloque sobre un plato.
8. Repita los pasos 6 y 7 hasta que cada rebanada de pan estén cocido.
9. Cubra cada pieza de pan con 1/4 taza de mezcla de fruta.
10. ¡ Disfrute! Limpie y guarde las sobras.



Tamaño de la porción: 1 pedazos Calorías: 200 Grasa Total: 4 g Grasa Saturada: 1.5g Carbohidratos: 35 g Proteínas: 9g Fibra Dietética: 5 g Sodio: 160 mg



Delicious Berry French Toast

Number of Servings: 4 (182.63 g per serving)

Amount	Measure	Ingredient	Nutrients per serving
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Nutrition Facts	
Serving Size 1 Slice	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 160mg	7%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 9g	
Vitamin A 4%	• Vitamin C 15%
Calcium 10%	• Iron 8%
*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: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	