

French Toast Sticks

For breakfast in a hurry, you can't beat our French toast sticks!

4 servings - 4 sticks per serving

Ingredients:

4 slices whole wheat bread
2 eggs
2 tablespoons milk
powdered sugar and cinnamon for topping

Directions:

1. Preheat oven to 350 degrees.
2. Spray a baking sheet with cooking spray and set aside.
3. Cut each slice of bread into four strips lengthwise. You'll have 16 strips in all.
4. In a small bowl, combine eggs and milk and beat with a fork until frothy.
5. Dip each "stick" of bread in egg mixture and place on baking sheet.
6. Bake for about 12 minutes until brown.
7. Sprinkle lightly with powdered sugar and cinnamon.

Nutrition Facts: Four sticks provide 110 calories, 4g total fat, 105mg cholesterol, 180mg sodium, 14g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
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Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
French Toast Sticks
Applesauce

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