

## French Toast

*Sprinkle with powdered sugar for a treat!*

8 servings

### Ingredients:

1 egg  
1/3 cup milk  
1 tablespoon oil  
8 slices bread  
Powdered sugar or margarine and syrup, optional

### Directions:

1. In a mixing bowl, beat egg and milk together.
2. Heat oil in skillet on medium heat.
3. Dip both sides of bread in egg mixture.
4. Cook in skillet about 2 minutes on each side or until brown.
5. Dust with powdered sugar or serve with margarine and syrup if desired.

*Nutrition Facts: One serving provides 100 calories, 3.5g total fat, 25mg cholesterol, 160mg sodium, 13g 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.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

French Toast  
Crisp bacon slice  
Orange juice

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