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

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