

French Toast

Sprinkle with powdered sugar for a treat!

Level: Easy

Serves: 8

Kids' Tool Kit

Mixing bowl
Measuring cup
Measuring spoon
Spatula
Skillet
Fork

Ingredients:

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



Directions:

Remember to wash your hands!

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.

Chef's Choice

French Toast
Crisp bacon slice
Orange juice



Helpful Hints: Use a flat-bottom bowl or casserole dish for egg and milk mixture. It makes it a lot easier to dip the bread slices. Set the bowl close to the skillet so you don't drip after dipping the bread.

A great way to use day-old bread is to make French toast.



Safety Tips: Food safety begins with washing your hands before food prep and again after handling raw eggs.

Nutrition Facts

Serving Size 1 slice (46g)
Servings Per Container 8

Amount Per Serving
Calories 100 Calories from Fat 35
% Daily Value*

Total Fat	3.5g	6%
Saturated Fat	0.5g	3%
Cholesterol	25mg	9%
Sodium	160mg	7%
Total Carbohydrate	13g	4%
Dietary Fiber	2g	8%
Sugars	6g	

Protein 4g
Vitamin A 2% • Vitamin C 0%
Calcium 4% • Iron 6%

*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

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book with this cooking activity: *Bread and Jam for Frances* by Russell Hoban

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.