

French Toast with Fruit

2 eggs
2 tablespoons fat free milk
2 teaspoons margarine
4 slices bread
Fresh strawberries or peaches or canned fruit
2 tablespoons powdered sugar

Makes 4 portions, 1 slice each

Per portion

Calories: 218
Carbohydrate: 33 grams
Protein: 8 grams
Fat: 7 grams
Saturated fat: 1 gram
Cholesterol: 106 milligrams
Sodium: 220 milligrams
Dietary fiber: 4 grams

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1. Beat eggs and milk together in shallow bowl.
 2. Heat skillet on medium heat.
 3. Add 2 teaspoons margarine to skillet.
 4. Dip bread into egg mixture and place in skillet.
 5. Cook on each side until lightly browned.
 6. If using fresh fruit, wash it.
 7. Top with fresh fruit such as strawberries or peaches or canned fruit.
 8. Sprinkle with powdered sugar.