



French Toast

Makes: 20 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
10 slices	whole grain or 100% whole wheat bread, thawed	10 slices
5	eggs, beaten	5
¾ cup	milk	175 mL
1 tsp	ground cinnamon	5 mL

Instructions – Oven Method

1. In a large bowl, combine eggs, milk, and cinnamon.
2. Preheat oven to 350°F (180°C).
3. Spray large baking dish (or two smaller baking dishes) with cooking spray.
4. Arrange bread slices in a single layer. Pour cinnamon mixture over bread slices. (Use only half of mixture if you are using two baking dishes.)
5. Repeat (if you are using two baking dishes).
6. Bake immediately or cover and refrigerate several hours or overnight.
7. Bake uncovered in a preheated 350°F (180°C) oven until firm to the touch, about 30 minutes.

Nutrition Information	
Serving 40 g (½ toast)	
Calories	70
Fat	2 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	105 mg
Carbohydrates	9 g
	Fibre 1 g
	Sugars 2 g
Protein	4 g
Calcium	40 mg
Iron	1 mg

Instructions: Stovetop Method

1. Grease large frying pan with cooking spray and heat to medium-high.
2. Dip one slice of bread at a time into the milk mixture and let soak for 10 seconds.
3. Flip bread over and let it soak for another 10 seconds. Repeat.
4. Place 2 – 3 dipped slices into the prepared pan.
5. Cook until golden in colour (about 3 – 4 minutes). Flip and cook other side until golden.
6. Repeat with the remaining slices of bread.
7. Discard any remaining egg mixture.

Food Guide Servings
½ Grain Product
¼ Meat & Alternative