

Sue's Fabulous French Toast!

This is so *easy* and can be such a very healthy breakfast, lunch, or even dinner. It takes all of about 3 minutes to put together and is loaded with nutrition.

Ingredients:

2 slices high fiber bread (Natural Ovens Healthy Beginnings or other high fiber variety)

1/4-1/2 cup egg substitute

1 cup of frozen strawberries

Light aerosol whipped cream

Directions:

Spray Pam or nonstick cooking spray on a skillet frying pan. Take about 1/4 to 1/2 cup egg substitute and place in a shallow container. Place the high fiber bread in the shallow container to soak up the eggbeaters. Pan "fry" the bread slices until the egg substitute is cooked and bread resembles French toast. Take one cup of thawed strawberries and place on top of the French toast. Frozen berries for this recipe can be very easily thawed in the microwave. Squirt 4 tablespoons of light whipped cream on top.

Calories 270-340, depending on the choice of bread

Fiber 11-13 grams

Exchanges = 2 starch, 1 fruit, 1 meat



Sue Rose, MS, RD, LDN
Comprehensive Nutrition Services
mydietmatters.com | (847) 692-3438