



early childhood community development centre

French Toast with Berries & Syrup

Makes 4 servings

Ingredients

- 8 large eggs
- ½ cup 2% milk
- 8 slices whole wheat bread
- 2 tsp soft margarine
- ¾ cup pancake syrup
- 1 ½ cups berries

Directions

1. In a shallow dish beat eggs with milk. Add bread slices, one at a time, turning to soak completely.
2. In large non-stick skillet, melt margarine over medium heat; add bread slices and cook, turning once, until golden and set in centre. Serve with peaches and syrup, and a glass of milk.

* Substitute fresh cantaloupe, mangoes or peaches for the berries.

Source: *Supertime Survival*, Lynn Roblin & Bev Callaghan

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