

French Toast served with Vanilla Yogurt

Yield: 4 servings

Ingredients

6 eggs
1-1/2 cups (375 mL) milk
1/4 cup (60 mL) maple syrup
3 Tbsp. (45 mL) sugar
1 tsp. (5 mL) vanilla
1/4 tsp. (1 mL) salt (optional)
8 slices French bread, 3/4 inch thick

butter
1/4 cup (60 mL) maple syrup
1/2 cup (125 mL) vanilla yogurt
banana (optional)
1/2 cup (125 mL) calcium and vitamin D-fortified orange juice

Preparation

Beat eggs in bowl until fluffy. Gradually beat in milk. Add maple syrup, sugar, vanilla, and salt; beat until blended.

Place bread slices in single layer in a glass baking dish.

Pour mixture onto bread. Let soak 10 minutes. Turn over and let soak another 10 minutes.

You may cook immediately or cover the dish and refrigerate overnight.

Melt butter in heavy skillet over medium heat. Add soaked bread and cook until brown on bottom, about 4 minutes. Turn over bread and cook about 4 minutes.

Top with maple syrup and vanilla yogurt. Add banana slices, if desired.

Serve immediately with a small glass of calcium-fortified orange juice.

PER SERVING (topped with 1% M.F. vanilla yogurt)

(approximate values)

Calories: 685

Calcium: 280 mg

Vitamin D: 90 IU (using yogurt without vitamin D added)
100 IU (using yogurt with vitamin D added)