



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

French Toast Sticks



Serves: 4

Serving Size: 1 slice

Ingredients:

- Nonstick cooking spray
- 4 eggs or ½ cup dry egg mix and ½ cup water
- ¼ cup low-fat milk
- ½ teaspoon vanilla
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 4 slices whole-wheat bread, cut into strips
- powdered sugar (optional)

Directions:

1. Wash hands.
2. In a shallow dish, beat the eggs. (If using dried egg mix, beat dried egg mix and water until smooth.)
3. Mix in the milk, vanilla, cinnamon and nutmeg.
4. Spray a medium frying pan with cooking spray and place over medium heat.
5. Dip bread in egg mixture until well coated and place on frying pan.
6. Cook until golden brown on both sides.
7. If desired, sprinkle with powdered sugar.

Recipe Information taken from Iowa State University Extension *Spend Smart. Eat Smart.* Program

Nutrition Facts

4 servings per recipe

Serving size 1 slice (139g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 32g 12%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 13g 26%

Vitamin D 0mcg 0%

Calcium 195mg 15%

Iron 1.8mg 10%

Potassium 0mg 0%

Vitamin A 2%

Vitamin C 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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