



## INGREDIENTS

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- 4 slices of whole wheat bread
- 2 eggs
- 1 cup skim milk
- ½ tsp cinnamon
- ½ tsp ground nutmeg
- 1 Tbsp maple syrup
- ½ tsp vanilla extract
- ½ tsp orange zest

## INSTRUCTIONS

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1. Cut the slices of whole wheat bread into four sticks each.
2. Whisk together eggs, skim milk, cinnamon, nutmeg, vanilla, maple syrup, and orange zest in a bowl.
3. Heat a skillet over medium heat and spray with nonstick spray.
4. Dip whole wheat bread in the egg mixture one stick at a time until the mixture soaks in.
5. Add soaked sticks to skillet. Cook for 2-3 minutes on each side, turn every minute or so.
6. Serve plain or with maple syrup!



## FRENCH TOAST STICKS



2 Servings



10 minutes

These French Toast Sticks are a simple, healthy and quick breakfast to put together. The whole grain bread adds fiber that gives you great energy to start the day and keeps you full for longer!

## NUTRITION

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Calories: 260cal  
Carbohydrates: 35g  
Protein: 17g  
Fat: 6g  
Saturated Fat: 2g  
Sodium: 330mg  
Fiber: 5g  
Sugar: 18g

Developed from [HungryHappyHealthy\\_](#)

### Tips For Success

- For a crispier finish you can cook the French Toast sticks in an air fryer at 375°F for 5-6 minutes.