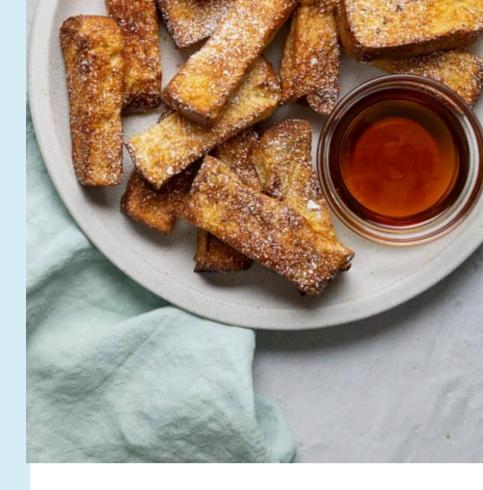


## INGREDIENTS

- 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



### 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

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

Developed from <u>HungryHappyHealthy</u>

### 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.

# INSTRUCTIONS

- 1. Cut the slices of whole what 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!