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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg ***Strawberry Stuffed French Toast***  *MyPlate2Yours - Lynn Dugan* Serving Size: makes 6 slicesIngredients 6 slices whole grain white bread  4 eggs  1 tablespoon skim milk  1/4 teaspoon cinnamon  10 fresh strawberries, sliced (for Strawberry-Banana Stuffed French Toast, use 1/2 large banana sliced to replace five of the strawberries)  1/2 cup strawberry fruit spread  1 tablespoon Earth Balance spread (or butter) Directions Whisk eggs in a shallow bowl with milk and cinnamon. Combine strawberries and fruit spread in a small microwavable bowl. Heat in microwave for 1 minute. (Add bananas to warm strawberries, if using). Stir and set aside.  Heat large skillet, add 1/2 tablespoon Earth Balance and allow to melt. Dip 3 slices bread in egg mixture and cook on skillet, about 2 minutes per side. Remove slices to a clean and dry cutting board. Repeat with remaining 3 slices of bread. Using a 2-inch biscuit or heart-shaped cookie cutter, cut a hole in the center of toast. On individual plates, place one slice of bread, and fill with 2 tablespoons strawberry mixture. Top with toast round. Repeat with remaining 5 slices. Serve with powdered sugar and maple syrup, if desired. Enjoy! |