



# ***Strawberry Stuffed French Toast***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

6 slices whole grain white bread  
4 eggs  
1 tablespoon skim milk  
1/4 teaspoon cinnamon  
10 fresh strawberries, sliced  
1/2 cup strawberry fruit spread  
1 tablespoon Earth Balance spread (or butter)

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## ***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. 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 round cookie cutter, cut a hole in 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. Enjoy!