

FANTASTIC FRENCH TOAST

Start your day with this classic breakfast and serve it with fresh or canned fruit.

Ingredients

- 2 Large Eggs
- 1/2 cup non-fat milk
- 1/2 teaspoon vanilla extract
- 6 slices whole wheat bread
- Syrup or other toppings (optional)

Directions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or non-stick spray.
4. Dip both sides of the bread, one slice at a time, in the egg mixture and cook the other side. It will take about 4 minutes on each side.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Optional: serve with syrup, applesauce, fruit slices, or jam.

Source: USDA



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7 LET CHILDREN PRACTICE SERVING THEMSELVES

Include smaller cuts of fish or meat and offer small serving utensils so they get just enough during meals. Encourage them to ask for more if they are still hungry.

8 BEVERAGES ARE IMPORTANT, TOO

Water helps to quench your preschooler's thirst, and milk provides nutrients for growth. Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.

9 HELP THEM KNOW WHEN THEY ARE FULL

Encourage your child to stop eating when he or she is full rather than when the plate is clean. When your child is not interested in the meal, excuse him or her from the table.

10 REWARD WITH ATTENTION, NOT TREATS

Rewarding children with sweet desserts or snacks may encourage them to think that treats are better than other foods. Comfort and reward with care and praise, not food.

Source: www.choosemyplate.gov