

Cinnamon Swirl Yogurt French Toast



Number of Servings: 4

French Toast

- 2 whole medium eggs
- 4 egg whites
- 1 cup fat free milk
- ½ teaspoon cinnamon
- 8 pieces cinnamon swirl bread

Topping

- 16 ounces fat free plain yogurt
- 5 tablespoons maple syrup
- 2 cups coarsely chopped fresh fruit (grapes, berries, oranges, peaches, etc.)

Combine the topping ingredients, except for fruit, in small mixing bowl. Refrigerate.

In a medium bowl, beat together eggs, milk, and cinnamon. Preheat a nonstick skillet over medium heat and lightly coat with nonstick cooking spray. Dip each piece of bread into the egg mixture and coat thoroughly. Place in skillet and cook for about 2 minutes on each side.

To serve, cut warm French toast on the diagonal. Arrange on plate. Top with fruit, then the yogurt mixture.

Nutritional Analysis: 1 serving
Calories – 400
Fat – 8g
Saturated Fat – 2g
Carbohydrates – 67g
Protein – 21 g
Cholesterol – 90g
Sodium – 440mg
Calcium – 35% Daily Value

Source: <http://www.3aday.org>