SHOPPING LIST
French Toast

- [ ] Milk
- [ ] Eggs
- [ ] Vanilla Extract
- [ ] Cinnamon
- [ ] Unsalted Butter
- [ ] Oatmeal Bread
- [ ] Real Maple Syrup

First, check off the items you already have at home.

CUT

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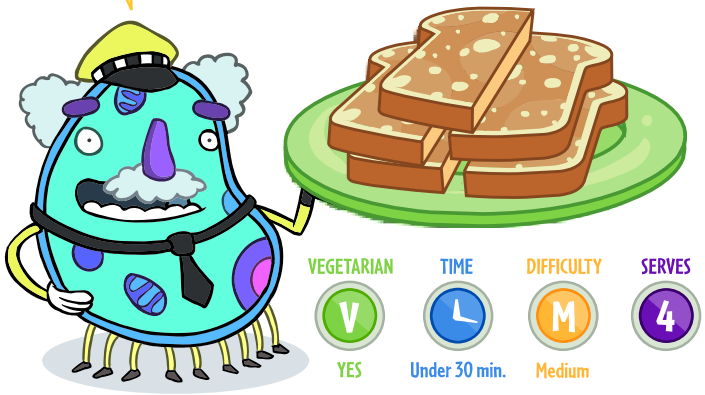
Sully The Cell presents

BREAKFAST

FIZZY'S LUNCH LAB

French Toast



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	Under 30 min.	Medium	

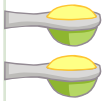
YOU W LL NEED

1 cup low fat milk

2 large eggs

1/4 teaspoon vanilla extract

1/8 teaspoon ground cinnamon



2 teaspoons unsalted butter

8 slices oatmeal bread, cut in half

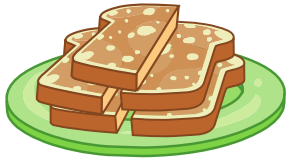
Real Maple Syrup

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Cinnamon raisin bread can be substituted for the oatmeal bread. Day-old bread will absorb more of the batter, but fresh bread will work fine.

STEP 1: Whisk the milk, eggs, vanilla, and cinnamon in a large mixing bowl until combined.



STEP 2: Melt 1 teaspoon of the butter in a large skillet over medium heat. Dip half the bread, one at a time, in the egg mixture. Place the bread in the skillet and cook until golden brown on both sides, about 3 minutes. Repeat with the remaining butter and bread. Serve with real maple syrup if desired.

Nutrition Facts

Serving Size (140g)
Servings Per Container 4

Amount Per Serving
Calories 200 Calories from Fat 60

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 390mg	16%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 9g	

Vitamin A 6% • Vitamin C 0%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4