

## Eat Well



## FUN FRENCH TOAST STICKS WITH PINEAPPLE ORANGE TOPPING

Wake up to this delicious French toast. Using bran flakes adds a creative crunch to traditional French toast. Jazz it up with a tropical fruit topping made with pineapple and orange.

Prep Time **10 min**

Cook Time **10 min**

Makes 4 Servings

- 125 mL (1/2 cup) skim milk
- 2 eggs
- 10 mL (2 tsp) granulated sugar
- 2 mL (1/2 tsp) grated orange rind
- 5 mL (1 tsp) vanilla
- 2 mL (1/2 tsp) ground cinnamon
- 250 mL (1 cup) bran flakes, crushed
- 4 slices whole grain bread

### PINEAPPLE ORANGE TOPPING:

- 5 mL (1 tsp) soft non-hydrogenated margarine
- 10 mL (2 tsp) granulated sugar
- 1 large navel orange, peeled and chopped
- 250 mL (1 cup) diced pineapple

**1.** In a large bowl, whisk together milk, eggs, sugar, orange rind, vanilla and cinnamon. Place bran flakes in a plate. Dip a slice of bread in egg mixture and coat both sides well. Dip one side of the bread into bran flake mixture.

**2.** Heat a nonstick skillet or griddle over medium-high heat and spray lightly with cooking spray. Cook coated bread slices, bran flake side down, for about 3 minutes or until golden. Turn over and cook for another 2 minutes or until golden. Repeat with remaining bread slices. Place French toast on a baking sheet and keep warm in a preheated 120°C (250°F) oven.

**3.** Meanwhile, in another nonstick skillet, melt margarine and sugar over medium-high heat. Add orange and pineapple and bring to a simmer for 2 minutes to warm through.

**4.** Cut each French toast slice into 4 sticks and serve pineapple orange topping on the side or on top.

### NUTRIENTS PER SERVING

% DV

Calories	236	-
Fat	5 g	8 %
Saturated + Trans	1 g	6 %
Cholesterol	81 mg	-
Sodium	226 mg	9 %
Carbohydrate	39 g	13 %
Fibre	5 g	22 %
Sugars	18 g	-
Protein	10 g	-
Vitamin A	-	8 %
Vitamin C	-	51 %
Calcium	-	10 %
Iron	-	19 %



### TIPS

- Make extra pieces of French toast and freeze uncut. Just pop them in the toaster to reheat on busy mornings.
- Change up the topping by using your favourite fruit like strawberries, blueberries, raspberries, apples or pears.
- Turn this breakfast fave into dinner by serving up hard-boiled or poached eggs. Serve it with a green salad for a quick and easy meal.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.