



FRENCH TOAST WITH STRAWBERRY TOPPING

SERVES: 4 (2 slices each) **Prep Time:** 15 min. **Cooking Time:** 41 min.

CONTAINER EQUIVALENTS (per serving):  ½  2½  ½  ½

I can remember the first dishes I learned to prepare as a child. The very first was a simple, Italian vinaigrette, but the first thing I ever actually “cooked” was French toast. It was exciting because although it’s a simple enough dish for a child to master, there is actually cooking involved. You learn to break and beat eggs, to grease and handle a skillet, and you watch how a simple egg custard (that’s right, the egg-mixture used in French toast is a custard) can transform an ordinary piece of bread into something extraordinary!







½ cup unsweetened almond milk
4 large eggs
2 Tbsp. pure maple syrup
½ tsp. ground cinnamon
½ tsp. sea salt (or Himalayan salt)
8 slices low-sodium sprouted whole-grain bread (like Ezekiel®)
1 cup **Strawberry Topping** (see separate recipe for **Strawberry Topping**)

1. Combine almond milk, eggs, maple syrup, cinnamon, and salt in a medium bowl; whisk until smooth. Transfer almond milk mixture to a shallow pan.
2. Dip each slice of bread into almond milk mixture, soaking for 10 seconds on each side. Place on wire rack to absorb and drain excess egg mixture.
3. Heat cast iron (or nonstick) skillet over medium heat.
4. Lightly coat skillet with spray; cook two slices of bread for 2 to 3 minutes on each side, or until golden brown.
5. Repeat, lightly coating skillet with spray and adding 2 slices of bread for each batch.
6. Top each slice of French toast with 2 Tbsp. Strawberry Topping and enjoy!

Special Equipment:

Nonstick coconut cooking spray

SERVING SUGGESTIONS:

- Two slices of French toast can be served with 2 Tbsp. maple syrup.
CONTAINER EQUIVALENTS (per serving):  3½  ½  ½
- For kids, cut one slice of French toast into nine pieces. Place the pieces on two skewers starting with toast and alternating with sliced strawberries, drizzle with 1 tsp. maple syrup. One serving is two skewers.
CONTAINER EQUIVALENTS (per serving):  1½  ½  ½

NUTRITIONAL INFORMATION (per serving): **Calories:** 344 **Total Fat:** 9 g **Saturated Fat:** 4 g **Cholesterol:** 186 mg **Sodium:** 417 mg **Carbohydrates:** 54 g **Fiber:** 8 g **Sugars:** 19 g **Protein:** 15 g

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STRAWBERRY TOPPING

SERVES: 4 (¼ cup each) **Prep Time:** 10 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS (per serving):  ½


2 cups sliced strawberries, *divided use*
¼ cup water
2 Tbsp. raw honey
1 pinch sea salt (or Himalayan salt)
2 tsp. finely grated lemon peel (lemon zest) (approx. 2 medium lemons)
1½ tsp. cornstarch (preferably GMO-free) + 1½ tsp. water (combine to make a slurry)


1. Combine 1 cup strawberries, water, honey, and salt in small saucepan. Bring to a boil over medium-high heat. Boil vigorously for 3 to 5 minutes. Remove from heat. Strain strawberries; reserve liquid and discard strawberries.
2. Place liquid and lemon peel in same saucepan. Bring to a boil over medium heat, stirring occasionally.
3. Add cornstarch slurry. Whisk until well blended; cook, stirring occasionally, for 2 minutes. Remove from heat.
4. Add *remaining* 1 cup strawberries; mix well. Allow to cool for 5 minutes before serving.

SERVING SUGGESTION:

Serve with our **French Toast** (see separate recipe for **French Toast with Strawberry Topping**).

NUTRITIONAL INFORMATION (per serving): Calories: 44 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 37 mg Carbohydrates: 12 g Fiber: 1 g Sugars: 8 g Protein: 0 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

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