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Baked Cinnamon French Toast

Created by the Egg Farmers of Canada

Makes 6 servings

Prep: 10 min.

Cook: 30 min.

What you need:

6	slices white, whole wheat or raisin bread	
1 tsp	ground cinnamon	5 mL
3	eggs	3
1/2 cup	milk (1%)	125 mL
1/2 cup	maple syrup or table syrup	125 mL
2 tbsp	butter or margarine	25 mL
1 tsp	vanilla extract	5 mL
*Fruit and maple syrup (optional)		



How to prepare:

Preheat oven to 350°F (180°C).

Spray 13 x 9-inch (33 x 23) baking dish with cooking spray. Arrange bread slices to fit in single layer in dish; sprinkle cinnamon over bread.

Whisk eggs, milk, syrup, butter and vanilla in medium bowl just until blended. Pour evenly over bread. Bake immediately or cover and refrigerate several hours or overnight.

Bake, uncovered, in preheated 350°F (180°C) oven until firm to the touch, about 30 minutes. Serve with fruit and maple syrup, if desired.

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Nutrients per Serving:

Calories 218

Fat 8 g

Saturated Fat 4 g

Trans Fat 0 g

Sodium 207 mg

Carbohydrate 32 g

Fibre 1 g

Sugars 18 g

Protein 6 g

Recipe used with permission from the Egg Farmers of Canada. Visit www.eggs.ca for more great recipes.

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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