

Oven French Toast

This recipe is a good source of calcium which keeps bones and teeth strong.

Ingredients:

- 12 slices **whole grain bread**
- 1 cup skim **milk**
- 4 **eggs**, or 8 **egg whites**
- 1/4 cup **packed brown sugar**
- 1 teaspoon **vanilla**

Directions:

1. Spray a cookie sheet or two 9x13 inch pans with cooking spray.
2. Lay the slices of bread flat on the pan with the sides touching.
3. Beat milk, egg, brown sugar, and vanilla until very well blended.
4. Pour mixture over bread
5. Turn each slice over to ensure both sides are wet.
6. Cover and refrigerate over night or bake immediately at 325 degrees for 30 minutes.
7. Sprinkle lightly with powdered sugar (optional).
8. Serve hot.

Bright Ideas:

Nutrition Facts

Serving Size 2 slices (135g)
Servings Per Container 6

Amount Per Serving

Calories 250 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 320mg **13%**

Total Carbohydrate 41g **14%**

Dietary Fiber 4g **16%**

Sugars 15g

Protein 12g

Vitamin A 4% • Vitamin C 0%

Calcium 10% • Iron 20%

*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 | 300 mg | |
| Sodium | Less Than | 2,400mg | 2,400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

6 servings, 2 slices each

Source: Beth Quist OFNP Program Assistant Tillamook County OSU Extension Office
For more recipes and other resources on eating well for less, see our web site at: <http://www.healthyrecipes.oregonstate.edu>