

Recipe of the Month – May 2024

French Toast Sticks with Berry Syrup

Serves: 4

Serving Size: $\frac{1}{4}$ recipe

Cost per Serving: \$1.33

Ingredients:

For the French toast

1/2 cup whole wheat flour
 1/2 cup milk
 1/4 cup oatmeal
 1/2 teaspoon orange zest
 1/2 teaspoon vanilla extract
 1/2 teaspoon cinnamon
 1/2 cup fresh raspberries
 1/2 cup fresh blueberries

For the Berry Syrup

1/2 cup fresh raspberries
 1/2 cup fresh blueberries
 1/2 teaspoon vanilla extract
 1/2 teaspoon cinnamon

Directions:

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Nutrition Facts per Serving: 430 calories, 19g total Fat (3.5g sat. fat),

150mg. Cholesterol, 620mg Sodium, 47g Carbohydrates, 9g Fiber, 10g Sugar, 22g Protein

Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar



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