

# Recipe of the Month – May 2024

## French Toast Sticks with Berry Syrup

Serves: 4

Serving Size: 6 sticks

Cost per Serving: \$1.33

### Ingredients:

#### For the French toast

6 slices whole wheat bread

4 eggs

1/3 cup low-fat milk

1 tablespoon 100% orange juice

1 teaspoon (regular or imitation) vanilla extract

1/2 teaspoon ground cinnamon

Non-stick spray

1 cup (fresh or frozen) fruit, thawed

#### For the Berry Syrup

2 cup (fresh or frozen) berries, thawed

1 tablespoon sugar free pancake syrup

1 teaspoon ground cinnamon



### Directions:

1. At least one hour before cooking, if using frozen fruit, place frozen fruit in refrigerator 1 hour ahead of time to defrost. When finished defrosting, retain juice from defrosted berries. Do not drain.
2. Cut each bread slice into four long strips length wise, for a total of 24 long sticks.
3. In a shallow bowl, beat eggs, milk, orange juice, vanilla, and cinnamon together, using a fork or whisk.
4. Carefully add the bread sticks to egg and milk mixture to soak-turn to coat all sides. Then, carefully remove egg-soaked bread pieces, gently shaking off extra liquid.
5. Lightly spray a frying pan with non-stick spray and warm over medium heat. Lay soaked bread pieces in a single layer on the frying pan. Cook until brown, or for about 2 minutes. Flip sticks over with a spatula.
6. Repeat step 6 until all French toast sticks have been cooked.
7. While French toast sticks are cooking, place berries, syrup, and cinnamon in a saucepan. Simmer over medium heat. Stir occasionally until berries are mostly broken down, about 3 to 5 minutes. Remove from heat and cover until ready to use.
8. Serve berry syrup over French toast sticks.

**Nutrition Facts per Serving:** 290 calories, 8g total Fat (2g sat. fat),

185mg.Cholesterol, 330mg Sodium, 42g Carbohydrates, 7g Fiber, 12g Sugar, 14g Protein

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



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