

Apple French Toast



Ingredients:

- 4 egg whites
- 1/2 cup non-fat milk
- 1 teaspoon cinnamon
- 2 tablespoons sugar
- 1/4 cup unsweetened applesauce
- 6 slices whole grain bread

Directions:

1. In a large bowl, combine egg whites, milk, cinnamon, sugar, and applesauce. Mix well.
2. Soak bread slices until the egg mixture is absorbed.
3. Cook on a lightly greased skillet over medium heat until golden brown.
4. Flip toast to cook the other side. Serve hot.

Makes 6 servings.



Tarrant County Public Health
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