

French Toast Sticks

For breakfast in a hurry, you can't beat our French toast sticks!



Level: Easy

Serves 4

Kids' Tool Kit

Knife
Cutting board
Baking sheet
Mixing bowl
Fork
Measuring spoon
Hot pad



Chef's Choice

French Toast Sticks
Applesauce
Milk

Ingredients:

4 slices whole wheat bread
2 eggs
2 tablespoons milk
Powdered sugar and cinnamon for topping



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Spray a baking sheet with cooking spray and set aside.
3. Cut each slice of bread into four strips lengthwise. You'll have 16 strips in all.
4. In a small bowl, combine eggs and milk; beat with a fork until frothy.
5. Dip each "stick" of bread in egg mixture and place on baking sheet.
6. Bake for 12 minutes until brown.
7. Sprinkle lightly with powdered sugar and cinnamon.

Nutrition Facts

Serving Size 4 sticks (61g)
Servings Per Container 4

Amount Per Serving

Calories 110 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 6%

Cholesterol 105mg 36%

Sodium 180mg 8%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 8%

Sugars 2g

Protein 6g

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 8%

*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 60g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: Sprinkle powdered sugar and cinnamon on these French toast sticks and they are ready to eat! For a special treat, you may want to dip yours in applesauce. Add a glass of milk and breakfast is ready.



Safety Tip: Be sure your French toast sticks are thoroughly cooked when you take them from the oven. Look for a golden, dry appearance on the sticks. If they are still shiny, bake them a minute or two longer until the egg is completely cooked. Wash your hands after you handle raw eggs. This way the germs that might be on the eggs can't make you sick.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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