Fantastic French Toast
Makes 6 - 1 slice servings

Ingredients:
2 large eggs
½ cup fat free milk
½ teaspoon vanilla extract
Nonstick spray
6 slices whole wheat bread
Light syrup or fruit toppings (optional)

Directions:
1. Preheat griddle over medium heat, or set an electric frying pan at 375°F.
2. Crack eggs into a shallow bowl. Add milk and vanilla and beat with a fork until well mixed.
3. Grease the griddle or pan with nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture, and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn bread over to cook the other side. It will take about 4 minutes on each side.

Source: Loving Your Family, Feeding Their Future - The Healthy Family Guide Book (USDA)