

## French Toast and Fruit Salad

Makes 4 servings

### Ingredients

#### French Toast:

- 4 eggs
- 1 tsp (5 mL) cinnamon
- 4 slices whole grain bread
- 2 tsp (10 mL) margarine
- OPTIONAL: 1 tsp (5 mL) vanilla

#### Fruit Salad:

- 1 orange, cut into bite-sized pieces
- 2 apples, cut into bite-sized pieces
- 2 bananas, cut into bite-sized pieces

### Directions

1. Set out all the ingredients.

#### Fruit Salad:

2. Rinse fruit under cool running water.
3. Cut fruit into bite-sized pieces.
4. Combine fruit in a bowl. Set aside.

#### French Toast:

5. In a shallow dish, add eggs, cinnamon, and vanilla (if using).
6. Using a fork, mix to combine.
7. Dip bread in egg mixture. Flip over using a fork. Soak the other side.
8. Add margarine to a pan or griddle on medium heat.
9. Put dipped bread into pan. **Careful, it's hot!**
10. Cook bread 3 minutes, then flip using a spatula. Cook another 3 minutes.
11. French Toast is ready when each side is golden-brown, egg is firm, and toast reaches 74°C (or 165°F).



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### Tips and Tricks:

- **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- **Use a *calibrated* thermometer** to see if egg is cooked to 74°C (or 165°F). *How do I calibrate?* Fill cup with ice, add water. Insert thermometer. Adjust the dial to read 0° (32°F).
- **Get creative!** Use different fruits from your fridge or freezer.
- **Have leftovers?** Let cool, then store in covered container in the fridge for up to 3 days.

***Enjoy your balanced plate of vegetables, protein and whole grains!***



**Watch the how-to-video!**  
[foodliteracytbo.ca](http://foodliteracytbo.ca)