



## FRENCH TOAST WITH BANANA BERRIES & MAPLE SYRUP

🕒 10 minutes

🕒 15 minutes

🍴 2 portions

### INGREDIENTS

- 1 large unit of egg, whole, raw, fresh [50 g]
- 1/4 cup of low fat milk[62 g]
- 1/2 tsp of vanilla extract [2 g]
- 2 tsp of butter, [10g]
- 2 slices of bread, wholegrain [64 g]
- 1 bananas, sliced [136 g]
- 200 grams of mixed Berries
- 1 tsp of cinnamon [3 g]
- 2 tbsps of maple syrup [40 g]

### COOKING METHOD

- 1° Whisk egg, milk and vanilla in a shallow dish. Melt butter in a medium non-stick frying pan over medium heat.
- 2° Dip bread in egg mixture and turn to coat. Place into frying pan and cook for 2-3 minutes each side or until golden
- 3° Place french toast onto plates. Top with banana and berries, sprinkle with cinnamon and drizzle with maple syrup

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [283 g]	% DRI
ENERGY	126 kcal	357 kcal	18 %
FAT	4 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	27 %
CHOLESTEROL	39 mg	110 mg	37 %
SODIUM	72 mg	204 mg	8 %
CARBOHYDRATE	21 g	58 g	19 %
SUGARS	13 g	36 g	—
FIBER	2 g	4 g	18 %
PROTEIN	4 g	10 g	—