

Whole-Grain French Toast

Hands-on - 15 min.

Serves 4

In my co-authored weight-loss novel, *Water with Lemon*, Fowler makes this delicious and nutritious French Toast for Karen while revealing another of his winning weight-loss habits.

Menu

Whole-Grain French Toast

Blueberry Topping

Fresh Fruit

Cheese Slice

Preheat a griddle to medium-high.

1 egg
2 egg whites
1/2 tsp vanilla
1 T skim or 1/2% milk
3 dashes cinnamon

In a wide-bottom bowl, toss lightly with a fork until scrambled.

3 cups frozen unsweetened blueberries

Place in a microwave-safe bowl and cook on high for 4 minutes. (These will eventually cook down to about 1½ cups.)

8 slices whole multi-grain bread

Once the griddle is hot, coat with non-stick cooking spray. Dip bread in egg mixture, one by one, just until each side is completely coated and place on hot griddle. Cook until brown (about 1-2 minutes) then flip and cook 1 minute on second side. If your griddle only accommodates 4 slices at a time, repeat process with the remaining 4.

1 tsp. corn starch

Meanwhile, stir into the warm blueberry liquid. Cook 2 minutes more, until thick and bubbly.

Serve each person two slices of French Toast with approximately 1/3 cup blueberry topping. Add sliced fresh fruit of your choice like melons, oranges, peaches or pears. For added protein and staying power, add a 1/2 oz slice of reduced-fat cheese.

Nutrition information for 2 slices of French Toast with 1/3 cup of blueberry topping.

Calories	235	Fat	4.5 g	Fiber	7 g	Sodium	365 mg	Total Carbohydrate	40 g
Calories from Fat	17%	Saturated Fat	1 g	Cholesterol	53 mg	Protein	11 g	Sugars	12 g

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