



Applesauce French Toast



Ingredients

2 **eggs**
 ½ cup nonfat or 1% **milk**
 1 teaspoon ground **cinnamon**
 2 teaspoons white **sugar**
 ½ teaspoon **vanilla**
 ¼ cup unsweetened **applesauce**
 6 slices **whole wheat bread**

Makes: 6 slices
Prep time: 5 minutes
Cooking time: 10 minutes

Directions

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot.
5. Refrigerate leftovers within 2 hours.



Notes

- To use sweetened applesauce, remove about 3/4 teaspoon of sugar from the measured amount.
- Top with applesauce, fresh fruit or yogurt.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

Serving Size 1 slice (78g)
 Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 170mg **7%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 7g

Vitamin A 2% • **Vitamin C** 0%

Calcium 6% • **Iron** 6%

*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	80g
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