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Whole Wheat French Toast with Strawberry Sauce



[100% Whole Wheat](#)

When you think of French toast, you may think of it as a high-calorie meal, but when you use whole grain bread, skim milk and a combination of whole eggs and egg whites, you have a slimmed-down version that is equally delicious. The strawberry sauce adds an antioxidant boost and a refreshing twist for summer.

Total Time:

20

MIN

Number of Ingredients:

9

Servings:

4

Level:

Medium

Ingredients:

8 slices Nature's Own 100% Whole Wheat Bread

10 medium strawberries, hulled

1 tablespoon granulated sugar

3 eggs

2 egg whites

1 cup nonfat milk

1 teaspoon vanilla

1/2 teaspoon ground cinnamon

4 teaspoons powdered sugar

Instructions:

Purée 6 strawberries and granulated sugar in blender until smooth; set aside. Slice the remaining 4 berries; set aside.

In a shallow medium bowl, whisk eggs, egg whites, milk, vanilla and cinnamon.

Heat a 12-inch skillet or griddle, coated with nonstick cooking spray, over medium heat.

Dip 1 bread slice at a time into egg mixture, turning once to coat both sides.

Cook 4 slices at a time, 3 minutes per side, until golden brown.

To serve, place 2 slices French toast on each serving plate. Sprinkle with powdered sugar, drizzle with strawberry sauce and garnish with sliced berries.

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