



# Whole-Wheat French Toast

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: 1 slice

## Ingredients

2 eggs  
2 tablespoons reduced-fat (2%) milk  
1 tablespoon sugar  
½ teaspoon ground cinnamon  
¼ teaspoon vanilla extract  
⅛ teaspoon ground nutmeg  
1 pinch salt  
4 slices whole-wheat sandwich bread  
Nonstick cooking spray  
Optional toppings: Chopped or sliced fresh fruit, sliced or chopped nuts, maple syrup, powdered sugar

## Directions

1. In a liquid measuring cup or small mixing bowl, whisk together the eggs, milk, sugar, cinnamon, vanilla, nutmeg, and salt.
2. Pour the egg mixture into a shallow dish that is wide enough to fit a slice of bread lying flat (e.g. shallow bowl, edged plate, pie plate, storage container).
3. Heat a medium skillet over medium-low heat or an electric skillet/griddle to 300-350°F.
4. Coat the pan or electric skillet/griddle with nonstick spray.
5. Working with one slice at a time, dip the bread in the egg mixture with clean hands or tongs, making sure to soak both sides for a few seconds, then place on the pan, skillet or griddle.
6. Cook until golden-brown, about 2-3 minutes on each side.
7. Serve warm with desired toppings.

## Recipe Notes

- For a twist on traditional French toast, try substituting different flavors of extract for the vanilla extract. Some ideas include maple extract, almond extract, orange extract, or butter extract
- A non-dairy milk alternative can be used in place of the milk, if desired.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 3 g | Saturated Fat: 1 g  
Sodium: 165 mg | Total Carbohydrate: 15 g | Dietary Fiber: 2 g | Protein: 7 g**

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