

HEALTHY SYRUP-LESS FRENCH TOAST

This French toast is so good- no syrup needed (I promise). French toast can range from junk food to fairly healthy when the ingredients are chosen carefully. While you can make this with a variety of breads, you "up" the nutrition by using a sprouted bread. Then top it off with a load of fresh berries, wheat germ, and a squirt of almond whip crème or a dollop of yogurt- and you've got yourself a fairly health breakfast.

And just as this breakfast favorite can be made fairly healthy, it can also be an empty-calorie indulgence. We go off the rails (with our diet) every now and then and on Christmas morning I make this with crusty baguette, heavy crème, and sugar/cinnamon. I know it's not healthy—but it's once a year!



INGREDIENTS *WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

- BREAD OF CHOICE (EZEKIEL, SPROUTED ENGLISH MUFFIN, SOUR DOUGH, BAGUETTE, LOW CALORIE, ETC.)
- THE DIP MIXTURE
- 6 EGGS OR EGG WHITES (OR A COMBINATION OF WHOLE EGGS & WHITES)
- MILK OF CHOICE (NUT, OAT, ETC.)
- VANILLA

SPRINKLE MIXTURE

- SWEETENER OF CHOICE (COCONUT PALM, DATE SUGAR, LOW CAL, ETC.)
- CINNAMON
- SALT
- WHEAT GERM

TOPPINGS OF CHOICE

- FRUIT OF CHOICE, YOGURT, COCO CRÈME, ETC.

DIRECTIONS

1. CUT BREAD TO DESIRED SIZE.
2. WHISK TOGETHER THE DIP MIXTURE IN A BOWL BIG ENOUGH TO EASILY DIP YOUR BREAD.
3. COMBINE YOUR SPRINKLE MIXTURE (FOR EASE, PUT IN A SHAKER IF YOU HAVE ONE).
4. COAT YOUR SKILLET WITH GHEE, EVOO, OR YOUR FAVORITE OIL.
5. DIP YOUR BREAD IN THE DIP MIXTURE, PLACE IN THE COATED SKILLET ON MEDIUM HEAT, AND SPRINKLE WITH SPRINKLE MIXTURE. BROWN BOTH SIDES AND COAT BOTH SIDES WITH SPRINKLE MIXTURE.
6. LOAD WITH TOPPINGS OF CHOICE; FRUIT, COCO CRÈME, DOLLOP OF YOGURT, GRANOLA, NUTS, ETC.