

French Toast with Berry Compote

No. of Serves: 2



Ingredients

- 4 eggs
- 4 slices of wholegrain bread
- 1/2 cup low fat milk
- 1 pinch ground cinnamon
- 1 tsp polyunsaturated margarine
- 1 cup berries (fresh or frozen)
- 2 tbsp brown sugar

Nutrition Information (per serve)

Energy	329kj (79 calories)
Protein	2023.4g
Total Fat	26.2g
Carbohydrates	4g
Saturated Fat	18.5g
Sugars	49.1g
Dietary Fibre	8.8g
Sodium	551.8mg

Method

1. Whisk eggs, milk and cinnamon until combined.
2. Heat a non-stick fry pan and melt margarine.
3. Dip bread into egg mixture and fry gently on both sides for about 2-3 minutes.
4. Add berries into a small saucepan, add sugar and bring to a gentle simmer. Be mindful not to overcook the berries.
5. Place French toast on plate and serve with berries.

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