



### CINNAMON FRENCH TOAST WITH YOGHURT

With this recipe, French toast doesn't have to be a weekend breakfast splurge. With 28 grams of protein, you'll be satiated for hours.

 5 minutes 10 minutes 1 portion

## INGREDIENTS

- 1 regular slice of bread, multi-grain, [24 g]
- 1 large unit of egg, [50 g]
- 1/4 tsp of spices, cinnamon, [1 g]
- 170 grams of yogurt, Greek, plain, lowfat
- 1/4 Cup of mixed Berries [38 g]

## COOKING METHOD

- 1° Soak bread in egg.
- 2° Using a cooking spray, cook on non-stick pan for approximately 1 minute each side until lightly brown.
- 3° Sprinkle with cinnamon and serve with yogurt and berries

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [282 g]	% DRI
ENERGY	102 kcal	289 kcal	14 %
FAT	3 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	21 %
CHOLESTEROL	72 mg	203 mg	68 %
SODIUM	82 mg	230 mg	10 %
CARBOHYDRATE	8 g	24 g	8 %
SUGARS	4 g	12 g	—
FIBER	1 g	2 g	9 %
PROTEIN	10 g	27 g	—