



Smart™ French Toast

This recipe is courtesy of Dempster's.

2 slices Dempster's Smart™ 100% Whole Grain Wheat Bread
2 Naturegg Omega 3 eggs
50 mL (1/4 cup) Natrel fine-filtered 2% milk
dash cinnamon
canola oil
50 mL (1/4 cup) maple syrup

In a small pie plate, beat eggs, milk and cinnamon. Let bread soak in egg mixture about 5 minutes. Brush large frying pan with canola oil and heat to medium. Pan-fry until golden on both sides. Serve hot with syrup. Serves 1.