

## Strawberries with ricotta French toast



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Preparation 20 mins | Cooking 5 mins | Serves 4

It's best to use day-old baguette bread for this recipe.

200g fresh ricotta cheese (from deli)

½ tsp vanilla extract

¼ cup caster sugar

8 x ½cm-thick slices baguette bread (cut on the diagonal)

2 free-range eggs

½ cup milk

2 tbs butter or margarine

500g strawberries, hulled and thickly sliced

Honey or maple syrup, to serve

**STEP 1** Beat ricotta, vanilla and 1 tbs sugar in a bowl until smooth. Spoon mixture over 4 slices of baguette bread. Top with remaining bread.

**STEP 2** Whisk eggs, milk and remaining 2 tbs sugar in a bowl. Heat butter or margarine in a large non-stick frying pan over medium heat. Gently dip sandwiches into beaten eggs to coat and cook for 2-3 minutes on each side until golden.

**STEP 3** Place on serving plates. Top with sliced strawberries, drizzle with honey or maple syrup and serve.

### Good for you... **STRAWBERRIES**

*A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections. The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation. The content of some carotenoid antioxidants is higher in red ripe strawberries.*

