

Fresh for Kids®

Fresh fruit with French toast



Fresh fruit with French toast

Preparation: about 10 minutes
Cooking: about 10 minutes
Serves: 4

3 eggs
¾ cup reduced fat milk
¼ cup caster sugar
½ tsp vanilla extract
4 thick slices white bread or raisin bread
50g butter
Icing sugar, for dusting

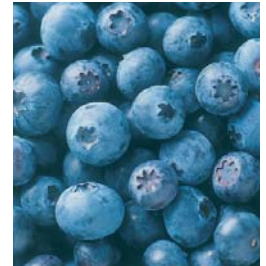
To serve

2 small bananas, thinly sliced
250g strawberries, hulled and sliced
150g blueberries

1. To make french toast, whisk eggs, milk, sugar and vanilla in a medium jug until well combined. Pour into a medium shallow dish. Heat a large non-stick frying pan over medium heat. Add half the butter and heat until sizzling. Dip 2 slices bread in egg mixture for 20 seconds on each side. Pan-fry for 2 minutes on each side or until light golden. Transfer to a plate and keep warm. Repeat using remaining butter, bread and egg mixture.
2. Place french toast onto serving plates. Top with bananas, strawberries and blueberries. Lightly dust with icing sugar and serve.

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Blueberries

- A good source of vitamin C which is important for healthy gums.
- A good source of dietary fibre, which is important for a healthy intestine.
- The natural purple pigments are potent antioxidants, which may boost the body's level of these protective compounds.

For fresh fruit and vegetable recipes visit
www.freshforkids.com.au

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