

Eggy Bread Fingers with Raspberry Compote



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Vegetarian, Kid Friendly





Ingredients

RASPBERRY COMPOTE

- 250g (2 cups) fresh or frozen raspberries
- 2 tbsp fresh orange juice
- ¼ tsp cinnamon
- ¼ tsp ground ginger

EGGY BREAD FINGERS

- 4 thick slices of bread, preferably stale
- 2 eggs
- 60mL (¼ cup) milk
- 1 tsp cinnamon
- 2 tbsp butter

Method

Raspberry compote:

1. Place raspberries, orange juice, cinnamon and ginger in a small saucepan and bring to medium heat
2. Once bubbling, reduce heat slightly and use a wooden spoon to stir and mash the berries
3. Allow to simmer for 10-12 minutes

Eggy bread fingers:

1. Remove crust of two sides of each slice of bread, then cut each into 3 equal thick sticks (with the crusts at the top and bottom of each stick)
2. Combine the eggs, milk and cinnamon in a dish large enough to roll the bread sticks in
3. Melt butter in a large frying pan over medium high heat
4. Roll the sticks in the egg mixture being careful not to over soak them
5. Add sticks to the pan (will need to do it in 2 batches) and turn to cook each side until golden brown
6. Serve straight away with the compote on the side for dipping

Recipe by Amy Whiteford

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
154g	1000kj 239kcal	8.3g	11.2g	6.1g	22.7g	6.7g	216mg	5.1g

All nutrition values are per serve.