

French Toast with Berry Compote



Preparation time: 5 mins
Serves: 2 people
User Rating: ★★★★★

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Ingredients

- 4 eggs
- 4 slices wholegrain bread
- ½ cup low fat milk
- 1 pinch ground cinnamon
- 1 tsp polyunsaturated margarine
- 1 cup berries (any type, fresh or frozen)
- 2 tbsp brown sugar

Method

Whisk eggs, milk and cinnamon until combined. Heat a non-stick fry pan and melt margarine. Dip bread into egg mixture and fry gently on both sides for about 2-3 minutes. Add berries to a small saucepan, add sugar and bring to a gentle simmer, be mindful not to overcook the berries. Place French toast on to plates and serve with berries.

Notes

cut bread into different shapes using a cookie cutter

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
332g	1930kj 461kcal	26.3g	15.9g	4g	48.2g	21.5g	496mg	7.8g

All nutrition values are per serve.