

Wholegrain French Toast with Greek Yoghurt, Mango & Blueberries



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Breakfast Recipes

This is a delicious high-protein take on French toast without all the added sugar and the goodness of wholegrains. You can obviously use any fruit – use what is in season – or thawed frozen berries are perfect and you can drizzle with the juice. Alternatively serve with savoury additions such as sauteed mushrooms, spinach or other veggies.



Ingredients

- 2 large eggs
- 1/2 tsp dill
- Grind of black pepper
- 2 slices wholegrain sourdough (a day or two old is best)
- 1/2 tbsp extra virgin olive oil
- 1/2 cup Greek yoghurt, unsweetened
- 1/2 mango, diced
- 60g blueberries

Method

1. In a wide shallow bowl whisk the eggs with the dill and pepper. (Note - this recipe doesn't use milk because adding milk can make the bread go too soggy, and then the egg doesn't attach to the bread).
2. Dunk the bread in the egg to coat both sides.
3. Heat a frying pan and drizzle with the extra virgin olive oil. Fry the eggy bread on both sides until browned. When the second side is cooking drizzle any remaining egg over the bread and turn again to cook.
4. Serve the French toast with the yoghurt and fruit on the side.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
500g	2400kj 574kcal	29g	22g	6g	56g	36g	545mg	9g	7.1µg

All nutrition values are per serve.