

# French toast with fruit - Feeds 1



## Ingredients



1 egg



2 tablespoons of milk



1/2 cup of fruit



1 slice of bread



Canola oil spray

## Equipment



1 Whisk egg and milk mixture with a fork



2 Soak the bread in the egg and milk mixture



3 Spray the frying pan with oil



4 Fry the bread



5 Flip and fry on other side



6 Serve with fruit



# Choices



You can add nuts



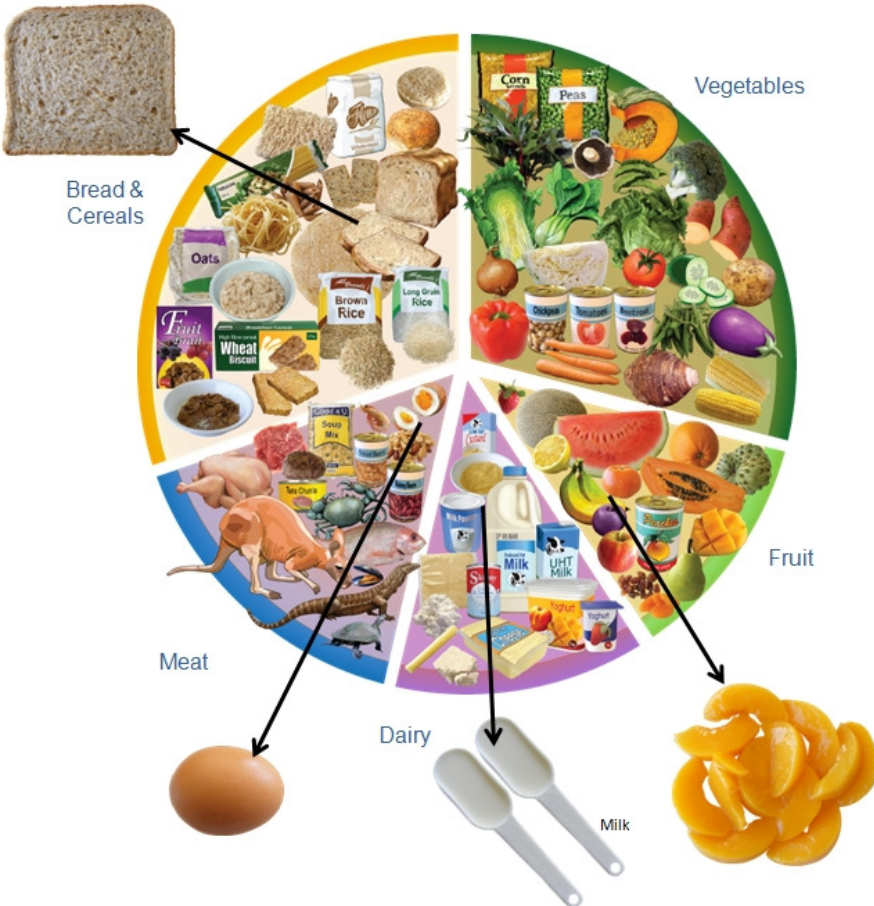
Add honey



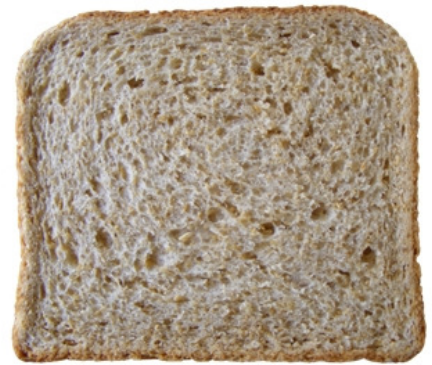
Microwave fresh fruit



# Food groups



# Serves in French toast with fruit



1 serve of bread



1/3 serve of milk



1/2 serve of egg



1/2 serve of fruit

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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