

# French toast with fruit - Feeds 1



## Ingredients



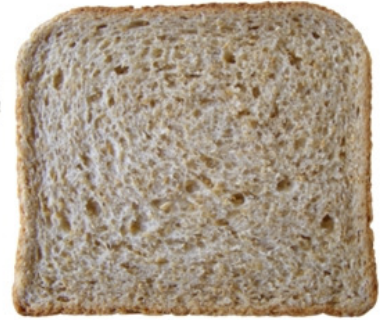
1 egg



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



**Good food plate**



**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 at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **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.

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