

Kitchen Corner

Get Creative With French Toast

(NAPSA)—The origins of French toast are unclear, but a first century Roman cookbook contains one of the earliest known references to bread soaked in eggs and then fried.

Whatever its origin, however, French toast is now a familiar and comforting breakfast food with endless variations. Traditionalists may begin with a loaf of stale Italian or French bread, but other breads can be used, such as challah or raisin bread.

Raisin bread makes an especially tasty version of French toast. The recipe developers at Sun-Maid Growers suggest stuffing sliced bananas between two pieces of battered raisin bread and then frying up a deliciously fruity French toast.

Looking for a cholesterol-free French toast? Here is a recipe with raisin bread and a cereal coating that adds a delightful crunch as well as whole-grain goodness. For more ways to start your day with a healthy breakfast, check out the recipe section on www.SunMaid.com.

Crunchy Raisin Bread French Toast

- ¾ cup egg substitute or
3 eggs**
- ½ cup skim milk**
- 1 teaspoon vanilla**
- 2 tablespoons powdered
sugar**
- ½ teaspoon ground nutmeg**
- 2 cups whole-grain wheat
and barley cereal or
coarsely crushed bran
flakes**



Crunchy Raisin Bread French Toast has a cereal coating that adds whole-grain goodness.

- 8 slices Sun-Maid Raisin
Bread**
- Powdered sugar for
topping, optional**

Mix egg substitute, milk, vanilla, powdered sugar and nutmeg in pie plate. Place cereal in another pie plate.

Spray 12-inch nonstick skillet generously with cooking spray. Heat over medium heat.

Dip both sides of 4 slices of raisin bread in egg mixture, then in cereal. Cook 2 to 3 minutes or until golden brown, turning once. Repeat with remaining bread, egg mixture and cereal, spraying skillet each time.

Serve topped with powdered sugar, if desired. Makes 4 servings.

Nutrients per serving: *Calories 390; Protein 16g; Fat 3.3g (Sat. Fat 0.6g); Carbohydrate 80g; Dietary Fiber 8.3g; Cholesterol 0mg; Sodium 608mg*