

French toast sticks with pineapple orange topping

Wake up to this delicious French toast. Using bran flakes adds a creative crunch to traditional French toast. Jazz it up with a tropical fruit topping made with pineapple and orange.



Vegetarian



30 mins or less



Kid-friendly



Freezer-friendly



PREP TIME
10 min



COOK TIME
10 min



SERVINGS
4

Ingredients

- 125 mL (1/2 cup) skim milk
- 2 eggs
- 2 mL (1/2 tsp) grated orange rind
- 5 mL (1 tsp) vanilla
- 2 mL (1/2 tsp) ground cinnamon
- 250 mL (1 cup) bran flakes, crushed
- 4 slices whole grain bread
- Pineapple Orange Topping:
- 5 mL (1 tsp) soft non-hydrogenated margarine
- 5 mL (1 tsp) granulated sugar
- 1 large navel orange, peeled and chopped
- 250 mL (1 cup) diced pineapple

Directions

1. In a large bowl, whisk together milk, eggs, orange rind, vanilla and cinnamon. Place bran flakes in a plate. Dip a slice of bread in egg mixture and coat both sides well. Dip one side of the bread into bran flake mixture.
2. Heat a nonstick skillet or griddle over medium high heat and spray lightly with cooking spray. Cook coated bread slices, bran flake side down, for about 3 minutes or until golden. Turn over and cook for another 2 minutes or until golden. Repeat with remaining bread slices. Place French toast on a baking sheet and keep warm in a preheated 120°C (250°F) oven.
3. Meanwhile, in another nonstick skillet, melt margarine and sugar over medium-high heat. Add orange and pineapple and bring to a simmer for 2 minutes to warm through.
4. Cut each French toast slice into 4 sticks and serve pineapple orange topping on the side or on top.

Tips

- ✓ Make **extra pieces of French toast** and freeze uncut. Just pop them in the toaster to reheat on busy mornings.
- ✓ Change up the topping by using your favourite fruit like **strawberries, blueberries, raspberries, apples or pears**.
- ✓ Turn this breakfast fave into dinner by serving up **hard boiled or poached eggs**. Serve it with a green salad for a quick and easy meal.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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