



French Toast Sticks

Wash hands and surfaces

Preheat oven 350

Spray baking sheet with veg oil

In a small bowl, combine $\frac{1}{2}$ c milk, 2 eggs, beat with a fork until frothy.

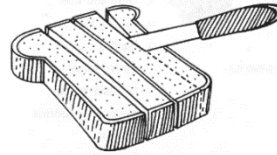
Cut 4 slices of whole wheat bread into 4 strips. (16 strips in all)

Dip each stick of bread into the egg mixture, and put on baking sheet.

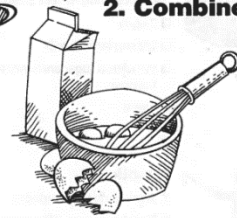
Bake for 12 minutes until brown.

Eat with powdered sugar and cinnamon.

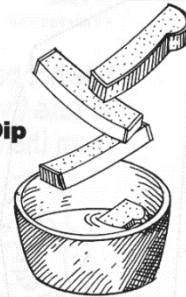
1. Cut



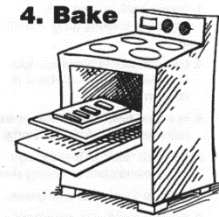
2. Combine



3. Dip



4. Bake



Use hot pads to take the pan from the oven.



5. Sprinkle

cinnamon and powdered sugar

Great way to introduce whole grain breads!



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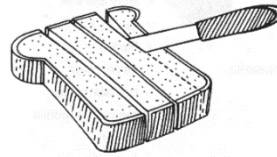
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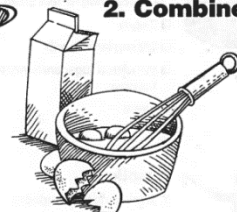
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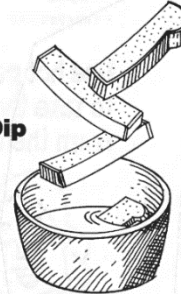
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