

French Toast Bites



Ingredients:

- 2 eggs
- 1 1/2 tablespoons low-fat milk
- 1 teaspoons orange juice
- 1 teaspoon maple syrup
- 1/4 teaspoons vanilla extract
- 1/4 teaspoons cinnamon
- 3 cups whole wheat bread, cut into small squares

Instructions:

1. Preheat a griddle or heat skillet over medium heat.
2. In a medium bowl combine milk, orange juice, syrup, vanilla, and cinnamon. Mix well.
3. Place bread in egg mixture, tossing until the bread soaks up the liquid.
4. Cook on skillet or griddle. Turn until all sides are brown.

Makes 6 servings.



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