

Blueberry-Orange French Toast



This unique breakfast recipe is a great source of protein, fruit, dairy and whole grains.

½ cup egg substitute
¼ cup evaporated skim milk
½ teaspoon vanilla extract
8 slices whole wheat bread
Vegetable oil spray
2 cups fresh or frozen blueberries
¼ cup orange juice concentrate

Stir the blueberries and orange juice together in a saucepan and heat gently. Combine the egg substitute, milk and vanilla. Heat a large skillet and coat with vegetable cooking spray. Dip bread into egg mixture and cook until brown on each side, turning once. Once all French toast is done, divide among four plates and top with sauce. *Source:* www.fruitsandveggiesmatter.gov.

Yield: 4 servings. Per serving: 215 calories, 3g total fat, 1g saturated fat, 40g carbohydrates, 273mg sodium.