

SHIVER ME FRENCH TOAST TIMBERS

Prep Time: about 15 minutes

Ingredients

- 6 eggs
- 1 1/2 cups fat-free milk
- 2 teaspoons vanilla
- 2 tablespoons spray margarine
- 8 slices whole grain bread, each cut lengthwise into 4 pieces



Utensils:

- pan (You'll need help from an adult.)
- stove (An adult should help with this too!)
- medium bowl
- spatula
- measuring cups and spoons

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Directions:

1. Melt margarine in skillet.
2. Mix eggs, milk and vanilla in bowl. Beat well.
3. Soak slices of bread.
4. Brown the soaked bread in skillet, each side.
5. Sprinkle with cinnamon and serve with fruit topping.

Serves: 4

Serving size: 2 slices of bread or 8 sticks



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