



# Creamy French Toast with Fresh Fruit Syrup

SERVES 4 - 6

Pillar of Nutrition: Be Sugar Smart

## Ingredients

### Fruit Syrup

- ½ cup **red apple**, diced
- 1 medium **orange**, juiced (about ¼ - ⅓ cup juice)
- 1 ¼ cups **fresh blueberries** and/or diced **seasonal fruit** or combination of both
- 1 teaspoon **cornstarch** (if necessary for thickening)

### French Toast

- 8 slices **whole wheat or french bread**
- ½ - 1 cup softened **cream cheese**
- ¼ cup **blueberries** and/or diced **seasonal fruit**
- 4 - 6 **eggs**
- ⅓ - ½ cup **milk** (any type)
- ½ teaspoon **nutmeg** or **cinnamon**
- ¼ - ⅓ **cup oil** or **butter**

## Variations to Try

- Try different fruits that you have on hand.
- Experiment with different types of bread. What do you notice?
- Experiment with different spices.
- Equal substitution to cornstarch is arrowroot, a healthier version.

## Something to Chew On

- What is fruit compote?
- How does fruit thicken?
- What is healthy about fruits?

## Directions

### Fruit Syrup

1. Dice the **apples** and **seasonal fruit** (if using).
2. Juice the **orange**.
3. Bring the **apples** and **orange juice** to a boil in a small saucepan.
4. Add 1¼ cup **berries** and/or diced **seasonal fruit**; reduce heat to medium-low and cook for 5 minutes.
5. Continue cooking to reduce to the desired syrup consistency. Syrup may look watery but will thicken as it cools. Add the **cornstarch** if the mixture is too thin. Keep warm.

### French Toast

1. Spread one side of each slice of **bread** with about ½ - 1 Tablespoon of the **softened cream cheese**.
2. Press a few **blueberries** or pieces of **peaches** into the **cream cheese** and then sandwich the two pieces of bread together so the cream cheese is in between (like a sandwich)
3. Beat the **eggs** in a mixing bowl; whisk in **milk** and **spices**, whisking until smooth.
4. Melt a portion of the **oil/butter** in a large skillet over medium.
5. Dip the sandwiches into the **egg mixture**, allow it to soak into the **bread**; then allow excess egg to drip off.
6. Cook the sandwiches in the hot **oil/butter** until golden brown on both sides and the bread is no longer soggy, about 5 minutes per side.
7. Serve with the warm **fruit syrup** on top.