Whole-Wheat French Toast

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes
Yield: 4 servings | Serving Size: 1 slice

Ingredients
2 eggs
2 tablespoons reduced-fat (2%) milk
1 tablespoon sugar
½ teaspoon ground cinnamon
¼ teaspoon vanilla extract
⅛ teaspoon ground nutmeg
1 pinch salt
4 slices whole-wheat sandwich bread
Nonstick cooking spray
Optional toppings: Chopped or sliced fresh fruit, sliced or chopped nuts, maple syrup, powdered sugar

Directions
1. In a liquid measuring cup or small mixing bowl, whisk together the eggs, milk, sugar, cinnamon, vanilla, nutmeg, and salt.
2. Pour the egg mixture into a shallow dish that is wide enough to fit a slice of bread lying flat (e.g. shallow bowl, edged plate, pie plate, storage container).
3. Heat a medium skillet over medium-low heat or an electric skillet/griddle to 300-350°F.
4. Coat the pan or electric skillet/griddle with nonstick spray.
5. Working with one slice at a time, dip the bread in the egg mixture with clean hands or tongs, making sure to soak both sides for a few seconds, then place on the pan, skillet or griddle.
6. Cook until golden-brown, about 2-3 minutes on each side.
7. Serve warm with desired toppings.

Recipe Notes
- For a twist on traditional French toast, try substituting different flavors of extract for the vanilla extract. Some ideas include maple extract, almond extract, orange extract, or butter extract
- A non-dairy milk alternative can be used in place of the milk, if desired.