

French Toast with Mixed Berries



Who said there's no such thing as a daily indulgence that's also a healthier option? This delicious French Toast recipe combines Bürgen® Wholegrains and Oats Bread with a medley of antioxidant rich berries. A healthy treat the whole family will love!

Ingredients:

- 2 slices Bürgen® Wholegrains and Oats Bread
- 100g mixed berries (fresh or frozen)
- 1 egg
- ½ cup soy milk

Optional :

- 1 tbsp maple syrup or honey
- 50g low fat natural yogurt
- Sprinkle with LSA* Mix (Linseed, Sunflower Seeds and Almond Meal)

*LSA is available in the health food section of most supermarkets.

Preparation:

Preparation time: 15 minutes; Serves 2.

1. Cook berries in a saucepan over low heat until the berries are warm and soft.
2. In a flat dish whisk the egg and soy milk together until well combined. Add the bread to the dish and cover bread with egg mixture.
3. Heat a non-stick fry pan over medium heat and dry fry the bread for 2-3 minutes on each side, or until golden brown. Serve topped with berries.

Optional: Drizzle maple syrup or honey on top and natural yogurt, and sprinkle with LSA mix.

Increasing fruit and vegetable intake may help maintain a healthy heart.
With antioxidant rich berries, 1 serve of this recipe serves 1 serve of fruit.

Nutrition information per serve

Energy	821 kJ
Protein	9.0 g
Fat	5.1 g
Saturated Fat	1.3 g
Carbohydrate	26.3 g
Sugars	12.5 g
Fibre	4.0 g
Sodium	188 mg
Antioxidants	3600 μ mol TEAC