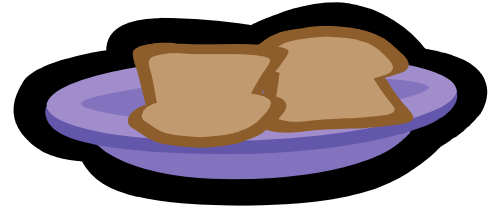


French Toast



- Serves 3 2 Slices per Serving

Ingredients:

- 3 eggs
- 3/4 cup milk
- 1 tablespoon sugar
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon, optional
- 6 slices French Bread, cut diagonally, about 1 inch thick
- 1 tablespoon margarine

Directions:

Beat eggs, milk, sugar, vanilla and cinnamon (optional) together in a large bowl, until sugar is dissolved. Soak bread in egg mixture until saturated. Heat margarine in a skillet until melted. Cook bread over medium heat until golden brown, about 12 minutes each side. Serve sprinkled with powdered sugar and/or pancake syrup of your choice.

| Analysis | | Renal and Renal Diabetic Exchanges |
|--------------------|-------------------|------------------------------------|
| Calories 365 | Sodium 551 mg | 1 Meat / 1 Milk |
| Carbohydrates 47 g | Potassium 222 mg | 2 Starch |
| Protein 15 g | Phosphorus 206 mg | 1 Salt |
| Fat 13 g | | 1/2 High Calorie |