

# Vanilla Yogurt French Toast

## Ingredients:

- 6 slices cinnamon raisin bread
- ½ c. low-fat vanilla yogurt
- ½ c. low-fat milk
- 2 eggs
- 1 tsp. vanilla extract
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg
- 6 additional Tbsp. any flavor yogurt for topping
- Thawed frozen strawberries or blueberries for topping, if desired

## Directions:

- In a medium mixing bowl, beat together eggs, yogurt, milk, spices, and vanilla. Heat a nonstick pan or griddle over medium heat. Dip each slice of bread into the egg mixture, soaking both sides. Place bread in pan and cook on both sides until golden brown. Top with yogurt and berries.

*Makes 6 servings. Per serving: 225 calories, 6 grams (g) fat, 35 g carbohydrate and 2 g fiber*

**NDSU** EXTENSION  
SERVICE