CDC Recipes: French Toast with Apple Topping

**Ingredients**

**French Toast**
2 eggs  
3/4 cup milk  
6 slices bread

**Apple Topping**
1 small cooking apple, sliced  
1/2 cup apple juice  
1 teaspoon cornstarch  
Dash cardamom or cinnamon  
1 Tablespoon cold water

**Preparation**

**French Toast**

Serves 6  
Each serving equals 1 starch

1. Mix egg and milk together and pour into a shallow bowl.  
2. Dip slices of bread into mixture, turn to coat.  
3. Grill both sides for a few minutes on a hot greased grill or skillet until golden brown.  
4. Serve with apple topping.

**Apple Topping**

Serves 2  
Each serving equals 1 fruit

1. Simmer apple in apple juice about 5 minutes or until tender.  
2. Combine cornstarch with cardamom or cinnamon; gradually blend in water.  
3. Stir into apple mixture.  
4. Cook and stir until thickened and clear, about 3 minutes.  
5. Spoon over French Toast.