

## CDC Recipes: French Toast with Apple Topping



### Ingredients

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#### 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

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#### 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.