

Crunchy French Toast

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Serves 6



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CRUNCHY FRENCH TOAST

Serves: 6

Portion Size: 1 slice

Ingredients:

1 cup	Egg Substitute
¼ cup (4 tbsp)	Sugar
¾ cup	Nondairy Creamer
1 tsp	Vanilla Extract
6 each	Slices of Cubed White Bread
1 ½ cup	Corn Flakes
3 Tbsp	Butter Unsalted
1 Tbsp	Cinnamon Ground

Instructions:



Mix together the egg substitute, 2 tablespoons sugar, nondairy creamer, and vanilla extract in a shallow dish or pie pan. Soak the bread and the mixture until soft turning once.



In another pie pan spread the cornflakes and crush them slightly. Take the bread slices from the egg mixture and coat both sides of the bread with the cornflakes.



Add the butter to the skillet and cook the bread slices over medium to high heat, turning once so that they are brown on each side.



Mix 2 tablespoons sugar and cinnamon together in a separate bowl. Sprinkle over top of slices and serve. Serving as one slice each.

Nutritional information per serving:

Calories: 310, Protein: 9 g, Carbohydrate: 46 g, Dietary Fiber: 3 g, Total Fat: 11 g, Saturated Fat: 4.5 g, Cholesterol: 15 mg, Calcium: 142.5 mg, Phosphorus: 105.8 mg, Potassium: 253.1 mg, Sodium: 290 mg

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1 (137g) Servings 6 Calories 310 Fat Cal. 100	Total Fat 11g	15%	Total Carb. 46g
	Sat. Fat 4.5g	25%	Fiber 3g	10%
	Trans fats 0g		Sugars 25g	
	Cholest. 15mg	4%	Protein 9g	
	Sodium 290mg	10%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 8%	Vitamin C 2%	Calcium 15%	Iron 20%