

# LighterLife Management

## Week 6 Recipes:

### Strawberry French toast

The perfect brunch is made even better with a fresh strawberry topping.

**Serves: 1**

Nutrition per serving:

322 kcal, 19g protein, 45g carbs, 9g fat, 10g fibre

#### Ingredients:

- 1 large egg
- pinch of ground cinnamon
- pinch of ground nutmeg
- 40ml skimmed milk
- freshly ground black pepper
- 2 slices wholegrain bread (approx 45g each)
- 80g strawberries, halved

#### Method:

1. Whisk the egg, cinnamon, nutmeg and milk in a bowl. Season with black pepper and pour into a shallow dish. Add the bread a slice at a time, turning over until well coated.
2. Place a non-stick frying pan over a medium heat. When the pan is hot, add the bread and cook gently for 2-3 mins, until set and golden-brown underneath. Turn it over and cook the other side.
3. Serve immediately with the strawberries.

#### Tips:

- Add a couple of drops of vanilla essence to the egg mixture before soaking the bread..