



Pumpkin French Toast

For those of you getting tired of the same old cereal and oatmeal, experiment with this delicious sweet and savory French toast! You don't need to wait for the bright orange fall pumpkins to arrive in order to benefit from them nutritionally. Canned pumpkin puree is just as nutritious as fresh, is low in calories and fat, and a good source of carotenoids, fibre, potassium, pantothenic acid, magnesium, and vitamins C and E.

Prep: 5 minutes • Total: 15 minutes

Ingredients:

Pumpkin puree	¼ cup	60 mL
Eggs	4	4
Cinnamon	½ tsp	2 mL
Ground nutmeg	¼ tsp	1 mL
Milk	2 Tbsp	30 mL
Agave nectar	1 tsp	5 mL
100% whole wheat bread	4 pieces	4 pieces
Margarine	1 tbsp	15 mL

Directions:

1. Warm ½ Tbsp margarine in a skillet over medium heat.
2. Cut bread into four small squares.
3. Whisk the pumpkin puree with the eggs, milk, and agave.
4. Add the cinnamon and nutmeg. Sink each piece of bread in the egg mixture. Flip sides. Add the egg soaked bread piece by piece into the warm skillet.
5. Cook for three minutes and then flip. Cook another two minutes. Add the other ½ Tbsp margarine to the pan and cook the remaining pieces of bread. Stack and serve warm with agave.

Nutrition Facts

Serving Size (111g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0.5g	
Cholesterol 215mg	72%
Sodium 230mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 10g	
Vitamin A 25%	Vitamin C 2%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: Sweet Potato Chronicles

Makes 4 servings • 1 serving = 1 piece of French toast

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