

Hidden Fruit French Toast

This recipe can be done with kids or for kids, either way, they will enjoy it as much as adults do and get a serving of fruit in their breakfast. Top with a spoon of yogurt, extra applesauce or blueberries and a bit of Arkansas honey.

4 slices any type sandwich bread,
whole wheat preferred
2 eggs
½ cup milk
1 1/2 cups chunky applesauce
or 1 cup blueberries



Cut out a circle of bread from the middle of each slice of bread with the biscuit cutter. Set aside the crust rings. Tear the circles into medium size pieces and put into a small mixing bowl. Add the applesauce or blueberries and stir together. In a separate bowl whisk the egg and milk together. Pour half the mixture over the fruit/bread mixture and stir gently.

Heat a non-stick skillet or stove top griddle over medium high heat. Dip both sides of each crust ring into the remaining egg mixture and place in the skillet. Don't worry if the rings break, just press them into shape with a spatula. Fill each ring with a spoonful of the fruit mixture, pressing it in firmly with spatula or spoon. Cook until browned on the bottom, flip carefully and brown the second side.

Makes 4 servings

Variation: Use bananas instead of or in addition to blueberries.

Skills: Cracking eggs, measuring, working with a hot stove

Equipment: Biscuit cutter, nonstick skillet or stove top griddle

Adapted from *12 Best Foods Cookbook* by Dana Jacobi