

Real Appeal Makes Healthier Eating Simple and Delicious

Ingredients

- 1 egg, beaten
- 2 tablespoons water
- 2 tablespoons plain nonfat or low-fat yogurt (regular or Greek)
- Large pinch cinnamon
- 1 ½ slices whole-grain bread, each slice cut into 4 small triangles
- Cooking oil spray
- 2 teaspoons maple syrup
- ½ cup raspberries
- 1 ½ teaspoons finely chopped pecans



French Toast

Total Time: 15 Minutes

323 Calories | 10g Total Fat

Directions

1. Heat a large skillet over medium heat.
2. In a shallow bowl mix together egg, water, yogurt, and cinnamon.
3. Place bread in bowl and let it soak up mixture.
4. Flip bread to soak up the remainder of the mixture.
5. Spray skillet with vegetable oil spray and add bread. Cook until golden brown, about 3 minutes. Flip and cook until the other side is golden brown, an additional 3 minutes.
6. Serve drizzled with maple syrup and topped with raspberries and pecans.

Ingredients

- 90 calories of 100% whole-grain cereal, such as a not-so-sweet flaky or “nugget”-type
- 3 tablespoons rolled oats
- ½ cup raspberries or mixed berries
- 1 tablespoon chopped walnuts
- 1 ½ teaspoons honey
- ¾ cup plain nonfat or low-fat yogurt (regular or Greek)



Breakfast Pudding

Total Time: 5 Minutes

377 Calories | 7g Total Fat

Directions

1. In a medium bowl, combine cereal, oats, berries, walnuts, honey, and yogurt.
2. Eat immediately or let sit for 4 to 24 hours to allow cereal to soften and flavors to meld.

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