

BREAKFAST

Berry French Toast

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.58	130 kcal



Need a lacto ovo vegetarian breakfast? Berry French Toast could be a super recipe to try. One portion of this dish contains approximately 10g of protein, 4g of fat, and a total of 201 calories. This recipe serves 8 and costs 58 cents per serving. 1 person has made this recipe and would make it again...

Ingredients

- ☐ 2 cups Berries (Raspberries & Blueberries)
- ☐ 1 pinch Pinch of ground Cinnamon
- ☐ 1 teaspoon Vanilla Extract
- ☐ 4 Large Eggland's Best eggs
- ☐ ½ cup nonfat Milk
- ☐ 8 slices Light Whole Wheat Bread

EQUIPMENT Frying pan, Whisk, Pie form

Method

- 1 Whisk eggs, milk, vanilla extract and cinnamon in a glass pie dish. Working in batches, dip bread in egg mixture; let soak for 30 seconds on each side. Spray large nonstick skillet with vegetable oil spray.
- 2 Heat over medium heat. Working in batches, add bread to skillet and cook until golden, about 4 minutes per side.
- 3 Transfer to serving plate. Dust with powdered sugar if desired. Top with berries.
- 4 Serve with warm maple syrup on the side. Low Fat, Ready in 15 minutes, recipe by Eggland's Best Nutritional Information1 Serving: Calories 190; Fat 2g (5% calories from fat); Protein 6g; Carbohydrate 15g; Dietary Fiber 3g; Cholesterol 88mg; Sodium130mg.

Nutrition per serving

130
KCAL

7 g
PROTEIN

3 g
FAT

18 g
CARBS

Saturated Fat	0.9 g · 6% of daily needs
Fibre	2.6 g · 10% of daily needs
Sugar	5.8 g · 6% of daily needs
Sodium	164 mg · 7% of daily needs
Cholesterol	82.3 mg · 27% of daily needs
Vitamin C	3.6 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/berry-french-toast-147970