



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

## **Easy French Toast (for one or two)**

1 egg  
¼ cup milk  
2 pieces Whole Grain Bread

It is easy to expand this recipe if you are making breakfast for the whole family, or make it as it is if it is just you!

Simply mix the egg and milk together with a fork in a shallow bowl, then dip bread into it, turn it over so it soaks in enough of the mixture.

Place on a hot griddle or frying pan. Turn when browned on one side.

Serve on a plate with real maple syrup, blueberry syrup, powdered sugar or strawberry jam. Sprinkle with cinnamon if desired. Fresh fruit, cut up is great instead of syrup.