

Join our virtual Healthy Cooking with Your Kids Series



You will learn how to:

- Prepare a well-balanced meal
- Have fun while cooking
- Learn how to meal plan

Join us:

Thursday, May 6, 2021

3:30 P.M.

Log into Zoom with the link below

<https://zoom.us/j/92478115686?pwd=QmZiSDdBMTJTM01ySTZFQWwZHRJUT09>

French Toast

Ingredients

Original recipe yields 3 servings

Ingredient Checklist

6 thick slices bread

2 eggs

$\frac{2}{3}$ cup milk

$\frac{1}{4}$ teaspoon ground cinnamon (Optional)

$\frac{1}{4}$ teaspoon ground nutmeg (Optional)

1 teaspoon vanilla extract (Optional)

Salt to taste