

# Natrel<sup>®</sup>

## French Toast with Berries and Whipped Dip & Spread



SERVES

2



PREPARATION TIME

15MIN.



COOKING TIME

4MIN.

### Ingredients

1 cup Natrel 2% Fine-filtered milk

1 tsp. vanilla extract

1 tbsp. maple syrup

1 egg

4 slices of bread

1 container natrel plain whipped dip and spread

1 cup berries (blueberries, blackberries and raspberries)

### Preparation

1. In a shallow bowl, combine the milk, vanilla extract, maple syrup and egg.
2. Spread the Natrel Plain Whipped Dip and Spread on the 4 slices of bread. Place a layer of berries on 2 of the slices and close like a sandwich with the remaining slices.
3. Soak the sandwiches in the egg mixture on each side, and then fry for 3 or 4 minutes on each side, until golden brown.
4. Serve immediately with maple syrup and berries.