

Breakfast Sweet Potato

Did you know, to buy a sweet potato you should look for a potato that is firm, small to medium size with smooth skin. Avoid cracks, soft spots or blemishes.

Did you know that sweet potatoes should be stored in a cool, dark place and used within 3-5 weeks?



utensils

fork



bowl

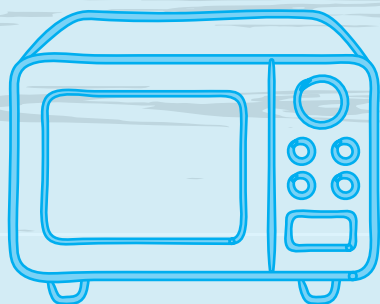


spoon



knife

cutting
board



microwave

hot pads



MICROWAVE FRENCH TOAST

Serving Size: 1
Servings Per Recipe: 1

Calories 210Kcal
Fat 10g
Carbs 19g
Protein 11g

ingredients

Butter	1 tsp
Milk, skim	3 Tbsp
Maple Syrup	1 tsp
Cinnamon, ground	1/4 tsp
Vanilla Extract	1/4 tsp
Egg, large	1 each
Whole Wheat Bread, torn pieces	1 slice

Optional Toppings: Banana, Berries, Nuts, etc.

1. In a microwave-safe bowl, place butter, milk, syrup, cinnamon, vanilla and egg.
2. Using a fork, mix the ingredients together.
3. Stir in bread pieces and allow to soak for 1 minute.
4. Microwave for 2 minutes.
5. Add additional toppings, if desired.

