

# French Toast with Yogurt, Jam & Fresh Fruit



**TIP:** Using yogurt, your favorite jam, fresh fruit and dried fruit is a very quick & easy, fresh, and flavorful alternative to traditional syrupy French toast toppings.

**Preparation Time:** About 2 minutes, not including time to cook fresh French toast

## Needed

### **Cooked French Toast**

**Yogurt** (non-fat Greek yogurt has 2-3 times the protein as regular processed yogurt)

**Favorite Jam**

**Fresh Fruit** (blackberries are shown here, but any fruit will work)

**Favorite Dried Fruit** (optional)

**Teaspoon**

**Tablespoon**



1. Top **warm French toast** with **1-2 tablespoons yogurt** and **1-2 teaspoons of your favorite jam**.



2. Rinse **fresh fruit** in the sink, and put it on top of the **yogurt and jam** on the **French toast topping**.



3. Finish by topping with an optional **1/2 handful of your favorite dried fruit.**

