



Yogurt and French Toast





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	2 x #16 Scoop (120 gm)	600 gm (21 oz)
Table Syrup	1 Tbsp (15ml)	75 ml (2.5 fl oz)
Powdered Sugar	1 tsp (5 ml)	25 ml (1 fl oz)
Smooth Yogurt	#12 Scoop (75ml)	400 ml (13.5 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F



2. Apply non-stick cooking spray to a ringed mold for the pureed bread.

Place 2 x #16 Scoop (120 gm) of PE Whole Wheat Bread inside the ringed mold on a plate.



Remove the mold.

Drizzle 1Tbsp (15ml) syrup over whole wheat bread.

3. Place #12 Scoop (75ml) of Yogurt into a side dish and serve alongside French Toast.

Nutrition Facts Valeur nutritive

Per 1 each (219g) / par 1 each (219g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 270	
Fat / Lipides 10g	15%
Saturated / satures 2.5g	
+ Trans / trans 0g	14%
Cholesterol / Cholesterol < 5mg	
Sodium / Sodium 400mg	17%
Carbohydrate / Glucides 43g	14%
Fibre / Fibres 5g	20%
Sugars / Sucres 22g	
Protein / Proteines 7g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	15%
Iron / Fer	10%

Optional - Garnish with a light sprinkle of cinnamon on French Toast and a drop of raspberry sauce on top of yogurt

