

Fun Food:

Breakfast Hearts



Art by Christopher Wurth



Ask your adult to help you make these yummy French toast hearts on Valentine's Day—or any day!

You Will Need:

(Makes two servings.)

- 4 slices of whole-grain bread
- 2 eggs
- $\frac{2}{3}$ cup low-fat milk
- 1 teaspoon vanilla extract
- Dash of cinnamon
- 1 tablespoon butter
- Powdered sugar



What to Do:

1. Use a large, heart-shaped cookie cutter to cut four hearts from the bread. Set aside.



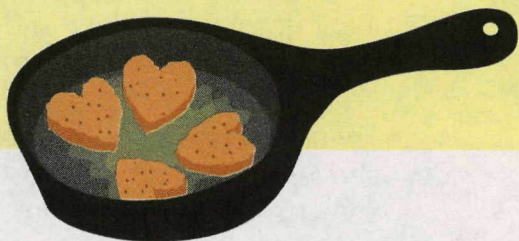
2.



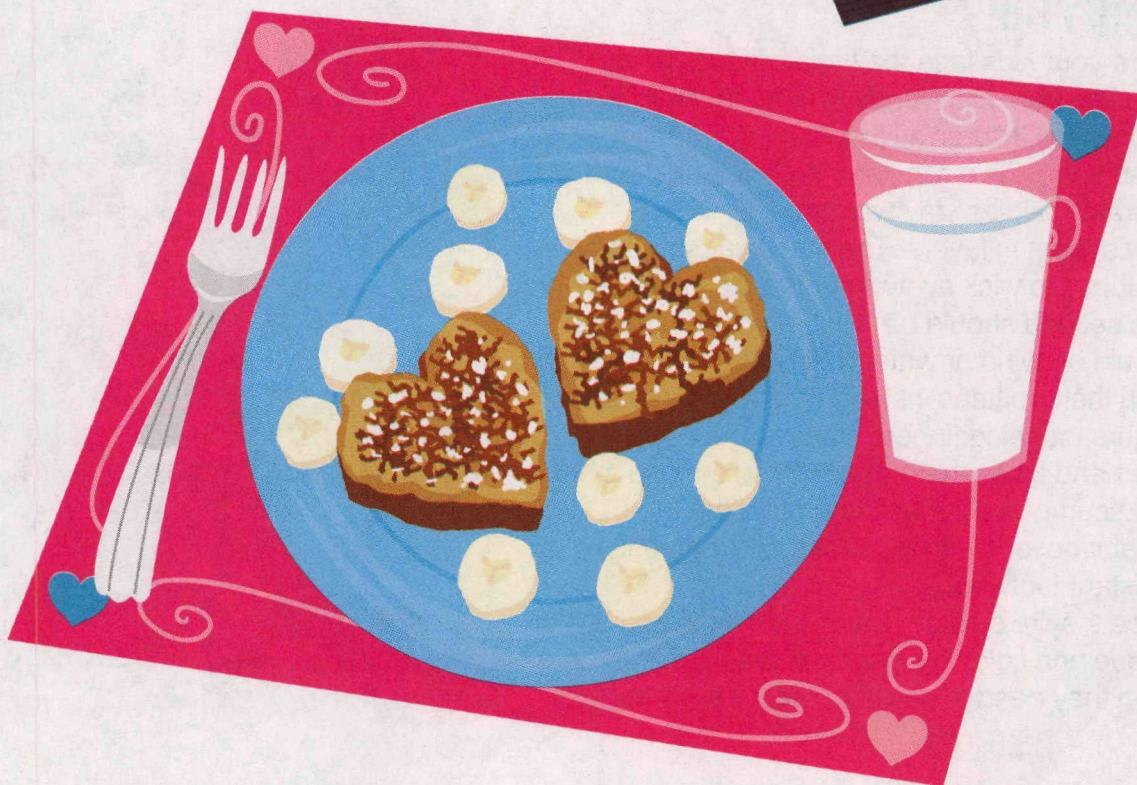
2. With help, crack the eggs into a medium-sized bowl and beat them with a fork.

3. Add the milk, vanilla, and cinnamon, then stir.

Adult: Place a skillet over medium-low heat. Add the butter. Dip the hearts into the egg mixture and place them in the hot skillet. Cook on both sides until golden brown, then transfer to plates.



4. Sprinkle powdered sugar over the top. Add fresh fruit and a glass of milk, and enjoy your yummy breakfast hearts!



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