

## Pineapple French Toast

Crushed Pineapple	1 can (14 oz. or 398 ml)
Eggs, beaten	2
White Bread	5 slices
Oil	2 tsp
Sweetener or sugar	-optional
Cinnamon	-optional

### Method

1. Place crushed pineapple in a strainer over a bowl. Reserve juice.
2. In a shallow bowl, beat eggs and 1/3 cup pineapple juice.
3. Heat oil in a frying pan over medium-low heat.
4. Dip both sides of bread in egg mixture.
5. Place bread slice in heated frying pan. Cook for 1-2 minutes per side, until browned (may need to turn down heat to avoid burning). Repeat with each slice of bread, adding oil to pan as needed.
6. When cooked, place on plate. Spoon crushed pineapple on top. Sprinkle with cinnamon and sugar or sweetener to taste.

**Yield:** 2 servings (1 protein and 1 fruit choice)