

## Stuffed French toast wraps



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

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## About this recipe

Serving size

3

Special criteria

[Summer meals in a SNAP](#)

## Ingredients

- 1 egg

- ¼ cup skim milk
- 1 teaspoon cinnamon
- 3 whole wheat tortillas
- ¾ cup nonfat vanilla yogurt
- 1 cup fruit

## Directions

1. Combine egg, milk and cinnamon in a shallow dish.
2. Dip tortilla into egg mixture coating each side. Allow to soak for 1 minute.
3. Cook tortilla in a skillet over medium heat for 2 minutes on each side or until browned.
4. Place 1/4 cup yogurt and 1/3 cup fruit in middle of tortilla and then roll.
5. Garnish with more yogurt and fruit and serve.

## Tips and variations

French toast lovers have to try this recipe

## Recipe video

## Nutritional info

Calories

230

Total fat

5g

Sodium

105mg

Total carbohydrates

36g

Dietary fiber

2g

Protein

11g

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