Cinnamon French Toast Sticks

Ingredients:
- 1/2 cup Gold Medal® all-purpose flour
- 1 1/4 cups milk
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla
- 2 eggs
- 10 slices sandwich bread, cut into thirds

Directions:
1. Heat griddle or skillet over medium-high heat or electric griddle to 375°F. Grease griddle with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
2. In shallow bowl, beat all French toast stick ingredients except bread with fork until smooth. Dip bread sticks into batter; drain excess batter back into bowl.
3. Place bread sticks on griddle. Cook about 4 minutes on each side or until golden brown. Serve with warm syrup.

for more recipes visit
www.und.edu/health-wellness/wellness/