French Toast Sticks
Cooking with the Kiddos, Oct. 2nd

Ingredients:
- 1/2 c. milk (4 oz.)
- 2 eggs
- 2 to 4 pieces of white bread
- 1 tsp. brown sugar
- 2 to 3 drops vanilla
- 1 tsp. of cinnamon
- Powdered sugar

Directions:
1. Beat two eggs thoroughly.
2. Stir in milk, brown sugar, cinnamon, and vanilla. Take slices of bread and slice into 4 strips.
3. Dip bread strips in batter and place on grill until golden brown and turn.
4. Sprinkle powdered sugar lightly over strips. Add maple syrup according to taste

Fruit Parfaits
Cooking with the Kiddos, Oct. 2nd

Ingredients:
- 3 cups vanilla nonfat yogurt
- 1 cup fresh or defrosted frozen strawberries in juice
- 1 pint fresh blackberries, raspberries or blueberries
- 1 cup good quality granola

Directions:
1. Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses/bowls.
2. Combine defrosted strawberries and juice with fresh berries.
3. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.