

Birdie French Toast

Several pieces of day-old multigrain whole wheat bread

4 eggs (no shells)

Two tablespoons plain or vanilla yogurt

Beat the eggs with the yogurt, then dip the bread in the mixture, coating well. Cook on a skillet as you would regular French toast. These pieces can be used immediately or can be refrigerated or frozen for later use.

Take warm toast (either fresh cooked or toasted) and spread with a thin layer of chunky peanut butter and sprinkle with raisins and/or chunks of walnut. Cut into small pieces and serve warm.