

Stuffed French toast wraps



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

[Ver esta receta en español](#)

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

View other recipe categories

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)