

Nepro[®] with **CARB STEADY**[™]
therapeutic nutrition
for people on dialysis

Crunchy French Toast



INGREDIENTS

- 1 cup (8 fl oz) Homemade Vanilla Nepro[®] with Carb Steady[™]
- 1 large egg
- 1/2 tsp ground cinnamon
- 1 tsp pure vanilla extract
- Zest of one orange
- 6 pieces white bread, thick cut
- 1 cup corn flake cereal, crushed
- Nonstick vegetable oil cooking spray
- 6 Tbsp sugar-free syrup

DIRECTIONS

1. In a large shallow dish, whisk together the Nepro with Carb Steady, egg, cinnamon, vanilla and zest.
2. Dip each slice of bread into the liquid mixture, turning each slice once to allow all of the liquid to be absorbed.
3. Transfer them to a tray.
4. Dip both sides of the bread into the crushed cereal and return them to the tray.
5. Spray a nonstick pan with cooking spray and heat over medium-high heat. Place 3 slices of the bread in the pan and cook until golden brown, flip the slices over and cook the other side until it is golden brown.
6. Serve each piece warm with 1 Tbsp sugar-free syrup.

(Note: The French toast may be prepared ahead of time, frozen in individual packages, and reheated for serving.)

Serves: 6 • Serving Size: 2 Pieces of French Toast

**Exchanges¹: 2 Starch; 1 Fat
Carb Counting Systems: 2 Carb Choices**

Nepro[®] with CARB STEADY™

therapeutic nutrition
for people on dialysis

Specifically designed to meet the nutrient needs of people on dialysis.
Every 8-fl-oz can provides 425 Calories and 19.1 g protein.



Available in Homemade Vanilla, Mixed Berry, and Butter Pecan

¹Calculated using Exchange Lists for Meal Planning, American Diabetes Association and American Dietetic Association, 2003.

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Nutrition Facts

Serving Size: 2 Pieces of French Toast
Servings per Recipe: 3

Amount per Serving

Calories 350	Calories from Fat 100
Total Fat	11 g
Saturated Fat	1 g
Cholesterol	65 mg
Sodium	480 mg
Total Carbohydrate	50 g
Dietary Fiber	3 g
Sugars	6 g
Protein	13 g
Vitamin A	510 IU
Vitamin C	11 mg
Calcium	180 mg
Iron	6 mg
Phosphorus	130 mg
Potassium	260 mg

Use under medical supervision.

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