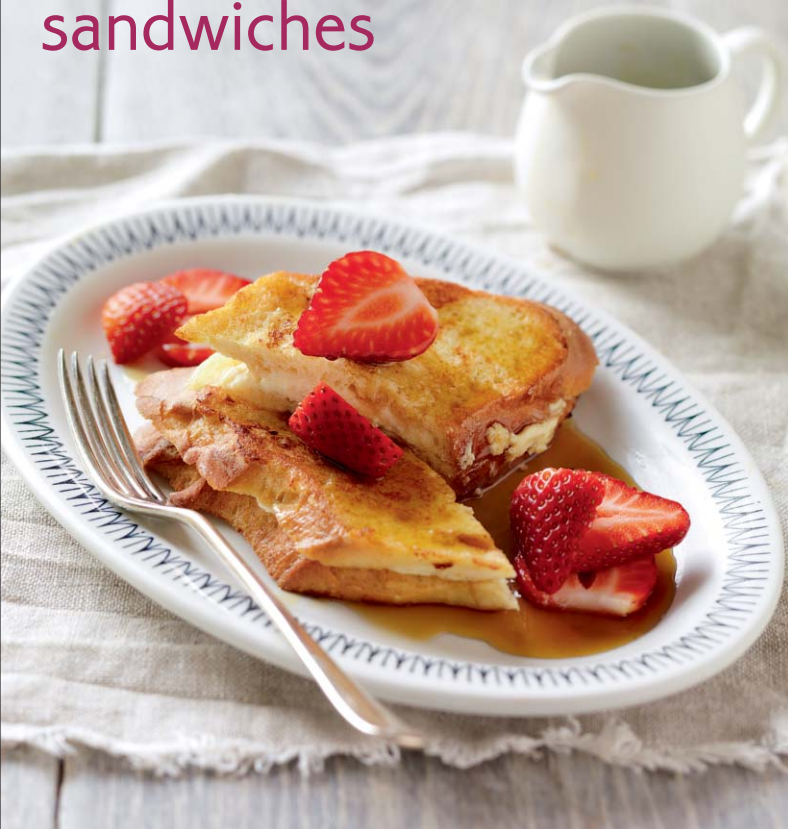


Strawberries with ricotta french toast sandwiches



Strawberries with ricotta french toast sandwiches

Preparation: about 20 minutes
Cooking: about 5 minutes
Serves: 4

It's best to use day-old baguette bread for this recipe..

200g fresh ricotta cheese
½ tsp vanilla extract
¼ cup caster sugar
8 x 1/2cm-thick slices baguette bread (cut on the diagonal)
2 eggs (at room temperature)
½ cup milk
2 tbs butter or margarine
500g strawberries, hulled and thickly sliced
Honey or maple syrup, to serve

1. Beat ricotta, vanilla and 1 tbs sugar in a bowl until smooth. Spoon mixture over 4 slices of baguette bread. Top with remaining bread.
2. Whisk eggs, milk and remaining 2 tbs sugar in a bowl. Heat butter or margarine in a large non-stick frying pan over medium heat. Gently dip sandwiches into beaten eggs to coat and cook for 2-3 minutes on each side until golden.
3. Place on serving plates. Top with sliced strawberries, drizzle with honey or maple syrup and serve.



Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation.
- The content of some carotenoid antioxidants is higher in red ripe strawberries. One of these, called lutein, is important for eye health.