



FARMERS MARKET

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Creamy, Fruity Stuffed French Toast Hearts

Serves 4

3 large eggs, beaten
1/2 cup milk
A couple drops pure vanilla extract
1/3 cup cream cheese, softened
1/3 cup raspberry or strawberry preserves
1 cup pure maple syrup
8 slices white bread
2 tablespoons butter

In a wide, shallow bowl, whisk together the eggs, milk and vanilla and set near the stove. In a small bowl, mix together the cream cheese and preserves; set aside.

Ask a GH (grown-up helper) to warm the syrup in a small saucepan over low heat or in the microwave on high for 1 minute.

Spread the cream cheese mixture evenly over 4 bread slices. Top with the remaining 4 bread slices to make 4 sammies. Cut each sammy using a 4-inch heart-shaped cookie cutter. Snack on the crusts.

Have your GH melt the butter in a large nonstick skillet over medium heat. Dip the hearts in the egg mixture and, with the help of your GH, cook in the skillet, turning once with a spatula, until golden brown, about 3 minutes on each side. Serve the hearts with the warm syrup.

Credit: rachelraymag.com