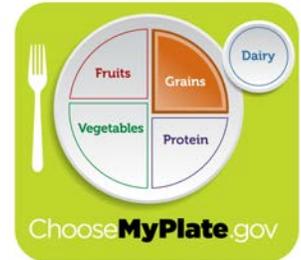


Uses for Day Old Bread

Wasted food is wasted money, try these tips for bread that needs to get used up before it goes stale.

How to Prepare Day Old Bread:

- **Make Croutons** – Cube it, toss with olive oil and seasonings, bake until crispy, and add to salads or soups.
- **Bread Pudding** – Sweet or savory, day-old bread soaks up custard nicely. Sweeten with natural sugars from foods like raisins.
- **French Toast** – Stale bread absorbs the egg mixture better, making it extra fluffy.



Half of your grains each day should be whole grains. The first word in the ingredient list should be, "whole".

- **Breadcrumbs** – Grind it up for coating meat, fish, or veggies. Freeze extras for later.
- **Bruschetta or Crostini** – Toast slices, rub with garlic, top with tomatoes, cheese, or spreads.
- **Stuffing/Dressing** – Perfect for holiday stuffing or a quick savory side dish.

Health Benefits:

Whole grains help keep your heart healthy, supports digestion, and are packed with fiber to keep you full.

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Blueberry Stuffed French Toast

Servings: 5

Serving size: 5 spears

Ingredients

- 1 large egg
- 1 teaspoon ground cinnamon
- 2 slices whole wheat bread
- ¼ cup low-fat blueberry or vanilla yogurt
- 2 tablespoons frozen blueberries, thawed and mashed
- Nonstick cooking spray



Directions

1. In a small bowl, beat the egg and cinnamon together.
2. On one slice of bread, spread the yogurt. On the other, spread the mashed blueberries.
3. Place the 2 slices of bread together making a sandwich.
4. Spray a frying pan with nonstick cooking spray and place over medium heat.
5. Dip both sides of sandwich into egg batter and place in pan.
6. Cook for 1 minute or until golden brown. Flip and cook for an additional minute until other side is golden brown.
7. Serve hot.

Nutrition Facts

1 servings per container	
Serving size	1 French Toast
<hr/>	
Amount per serving	
Calories	270
<hr/>	
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 360mg	16%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 3g Added Sugars	6%
Protein 15g	
<hr/>	
Vitamin D 2mcg	10%
Calcium 222mg	15%
Iron 3mg	15%
Potassium 333mg	8%
Vitamin A 81mcg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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