

the fit gourmet



By Danielle Nagel, APCA
Personal Chef/ Fitness Professional
Nutrition & Natural Health Consultant

Photos and meals prepared by:
The Fit Gourmet©
www.fitandbeyond.com

Stuffed French Toast

with
Cream Cheese,
Dried Fruit & Nuts

under 200 calories

By Danielle Nagel, APCA
The Fit Gourmet©
Personal Chef/ Fitness Professional
Nutrition & Natural Health Consultant
www.fitandbeyond.com
Photos and meals prepared by:
The Fit Gourmet©



**Happy
Holiday's
Fit
Gourmet
Style...**

Begin a New Family Holiday Tradition This Year and Treat Your Loved Ones To A Special Christmas or New Year's Day Brunch...

French Toast with Cream Cheese, Dried Fruit & Nuts

FILLING INGREDIENTS:

- 1 cup (8 ounces) reduced-fat cream cheese
- ¼ cup chopped dried fruit (blueberries, cherries, apricots)
- 1 Tablespoon chopped pecans
- 1 teaspoon fresh mint, minced

FRENCH TOAST INGREDIENTS:

- 8 slices cinnamon-raisin bread
- 4 large egg whites
- ½ cup low-fat buttermilk
- 1 Tablespoon pure maple syrup
- 1½ teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon ground allspice
- cooking spray
- Topping:
- 8 ounces low-fat whipped cream
- Fresh berries
- Confection sugar

DIRECTIONS:

- 1 In a medium mixing bowl, soften the cream cheese by stirring vigorously or by slightly warming at room temperature or under warm water. Stir in dried fruit, pecans and mint.
- 2 Spread 2 tablespoons of cream cheese mixture on a slice of raisin bread and top with another slice, making a sandwich. Repeat process to make four sandwiches.
- 3 In a small mixing bowl whisk together egg whites, buttermilk, maple syrup, vanilla, cinnamon and all-spice. Set aside.
- 4 Heat griddle or large skillet over a medium-high heat lightly coated with cooking spray.
- 5 Dip both sides of each sandwich into buttermilk batter and place on hot skillet. Cook until nicely browned, about 2-3 minutes then flip and repeat to remaining side.
- 6 To serve, cut each sandwich into 4 pieces then top with whipped cream and fresh fruit. Drizzle lightly with maple syrup, sprinkle with confection sugar and enjoy!

FYI

FRUIT DRYING METHODS

For many thousands of years people have dried fruits to be able to keep them for long periods of time. There are many ways to dry fruits. Some of the most common are described below.

Sun Dried

The fruits are laid out in the sunshine to dry. Larger fruits being cut in half so they will dry faster. Fruits typically dried this way are apricots, currants, figs, peaches, pears, prunes and raisins.

Air Dried or Tunnel Dried

The fruit has warm air blown over it to dry it. Fruits typically dried in this way are apples, coconut, raisins and tomatoes. Fruit dried this way typically does not

oxidize as much as fruit that is sun dried.

Naturally dried

Fruits naturally dry on the trees before they are harvested. Dates are technically considered a fresh fruit rather than a dried fruit as they dry on the trees before harvesting.

Dried by Frying

The fruits are fried in oil to raise the temperature of the water in the fruit to rapidly boil away. This is done with starchy foods typically vegetables (potato chips). Bananas and plantains are dried this way before the fruits have ripened and their starches are turned into sugar.
www.bulkfoods.com/dried_fruits.htm



Cranberry Mimosa

Start your brunch off with style.

INGREDIENTS:

- 2 cups cranberry juice
- 2 cups orange juice
- 1 bottle Champagne, sparkling wine or carbonated water, chilled
- Fresh orange slices and strawberries, optional

DIRECTIONS:

In a chilled champagne flute, pour ¼ cranberry juice, ¼ orange juice and ½ champagne.

Serve chilled, garnished with a fresh orange slice and strawberry.



CORE MRP

THE
PERFECT MEAL SUBSTITUTE



USES **REAL FOOD**
LIKE OAT AND BARLEY FLOUR
NOT SUGARY FILLERS

40G HIGH QUALITY PROTEIN BLEND!
(FAST & SLOW ABSORBING PROTEIN BLEND OF WHEY CONCENTRATE, & ISOLATE, CASEINATES, AND EGG)

NO BLENDER NECESSARY
IDEAL FOR WHEN ON THE RUN!

TASTES GREAT!

HE USES IT!
DRUG-FREE
PRO BODYBUILDER
DOUG MILLER



www.CORENUTRITIONALS.COM

