



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Pear and Peanut Butter French Toast

4 Servings

Ingredients

1 (15-ounce) can Pacific Northwest Canned Pears, halves, in juice, drained
1/3 cup peanut butter
8 slices firm, white bread
2 large eggs
1/4 cup milk
1 tablespoon honey
1/8 teaspoon cinnamon
1 to 2 tablespoons butter
Honey or maple syrup, for serving (optional)

Method

Cut the pear halves in 1/4-inch thick slices and set aside.

Spread 1 teaspoon of peanut butter on one side of each slice of bread. Lay the pear slices over the peanut butter on 4 of the pieces of bread, covering them with a plain piece of bread spread with peanut butter to make a sandwich. Repeat with remaining slices.

In medium shallow bowl, whisk the eggs, milk, honey and cinnamon together until well blended. Dip the sandwiches into the egg mixture, turning it over to coat both sides evenly.

Melt 1 tablespoon of the butter in a wide skillet over medium heat. When the butter is foamy, add the sandwiches to the pan and cook about 2 minutes on each side, or until the bread is golden brown. Remove the sandwiches from the pan, cut in half diagonally, and serve immediately, with honey or syrup if desired.

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Nutrition

<i>Calories</i>	468
<i>Total Fat</i>	22.3g
<i>Saturated Fat</i>	5g
<i>Cholesterol</i>	128mg
<i>Sodium</i>	503mg
<i>Carbohydrate</i>	49g
<i>Dietary Fiber</i>	7g, 22g
<i>Protein</i>	22g
<i>Vitamin A</i>	200IU
<i>Vitamin C</i>	1mg, 3mg
<i>Iron</i>	3mg
<i>Calcium</i>	169mg