

# Vermont Morning®

# YANKEE TOAST®

A heart-healthy whole grain alternative to French Toast!

## **Preparation:**

The night before serving, make 6-8 servings of **Vermont Morning®** per the instructions. While still hot, pour onto a cookie sheet with sides, lined with plastic wrap. Spread evenly to the edges, about ½ inch thick. Smooth the top. Cover with plastic wrap, sticking it to the surface so the porridge doesn't dry out. Cool until it is firm. In the morning, using a spatula or knife, cut **Vermont Morning®** into squares or shapes the size you'd like to serve. Cook as directed below. (To store for later, cover with plastic wrap and freeze in the pan. When frozen, separate the squares and stack together in plastic bags for small freezer storage.)

## **Sauté:**

Fresh or thawed, place **Yankee Toast®** in a nonstick pan lightly coated with butter or canola oil on medium heat. Sauté both sides until golden and crisp.

## **Broil:**

Place **Yankee Toast®** on a lightly oiled broiler pan. Nap with maple syrup so the squares don't dry out. Broil both sides until golden and **crisp**.

## **Serving Ideas:**

Serve with hot Vermont maple syrup and fresh fruit with yogurt or sour cream on the side. (You can cook the cereal with apples and raisins, dried apricots, cherries, blueberries or strawberries, so the fruit is inside each piece.) Top with matching fresh fruit and serve as noted above.

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