

**Passion Fruit “French Toast” with Seasonal Fruit
and Cheesecake Cream**

Adapted from “A DASH of Aloha”

2 servings

Strawberries or mango or other soft seasonal fruit, diced	1 cup
Banana, sliced	1 each
Passion fruit, pulp and seeds only (about 2 tbsp.)	1 each
Sugar	2 tbsp.
Egg whites (or ½ cup Egg Beaters)	4 each
Orange juice	1/4 cup
Vanilla extract	1 tsp.
Bread, whole grain	4 slices
Butter, unsalted	1 tsp.
Cheesecake cream	6 tbsp.

1. Combine fruit with passion fruit and sugar and let macerate at least 10 minutes.
2. Combine eggs, orange juice and vanilla and whisk till incorporated.
3. Quickly dredge 1 slice of bread in egg mixture, transfer to a plate top with 3 tbsp. cheese.
4. Quickly dredge another slice of bread and top sandwich. Repeat.
5. Cover sandwiches and refrigerate at least 10 minutes.
6. In a large skillet, melt 1 tsp butter on medium heat, add sandwiches and cook till golden brown.
7. Add remaining tsp butter, flip sandwiches and cook till golden brown.
8. To serve, top each sandwich with half the macerated fruit, drizzling the fruit syrup over.

Tip: Make cheesecake cream the night before.

Cheesecake cream

Sharon Kobayashi

2 servings

Ricotta cheese, low fat	1/2 cup
lemon zest - (or lemon extract)	1/4 tsp .
vanilla extract	1/2 tsp.
Powdered sugar	2 tbsp.

1. Add all ingredients into bowl of food processor.
2. Process till very smooth and creamy, scrapping down sides as needed.
3. Store covered, in refrigerator. Best to let rest overnight before using.

Recipe can be doubled.

Nutrition Facts	
Serving Size (402g)	
Servings Per Container	
Amount Per Serving	
Calories 430	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 330mg	14%
Total Carbohydrate 83g	28%
Dietary Fiber 14g	56%
Sugars 46g	
Protein 18g	
Vitamin A 20%	• Vitamin C 80%
Calcium 30%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	