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.

Recipe can be doubled.

Nutrition Facts
Serving Size (402g)
Servings Per Container
Amount Per Serving
Calories 430
% Daily Value
Total Fat 5g 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 65g 78g
Saturated Fat 20g 24g
Trans Fat 10g 12g
Cholesterol 300mg 375mg
Sodium 2,400mg 2,800mg
Dietary Fiber 25g 30g
Sugars 100g 120g
Protein 20g 25g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4