Preheat a nonstick skillet over medium heat. Whisk together egg, milk, and vanilla in a shallow dish. Slice the English muffins in half. Dip each muffin slice in the egg mixture, turning to coat both sides, and set the slices in the skillet. Cook for 2 minutes per side until golden. Remove the muffins from the skillet and set them on plates. Top them with fruit and yogurt. Enjoy.

1 egg
1/4 cup skim milk
1 tsp vanilla
2 whole wheat English muffins

ENGLISH MUFFIN SUNDAES

1 banana, sliced
4 strawberries, sliced
8 oz nonfat fruit flavored yogurt of your choice

Stir the water and oats together in a microwave safe bowl. Heat the oats in the microwave for 1-2 minutes, until they are soft. Stir in the brown sugar and peanut butter.

Preheat a nonstick skillet over medium heat. Whisk together egg, milk, and vanilla in a shallow dish.

Slice the English muffins in half. Dip each muffin slice in the egg mixture, turning to coat both sides, and set the slices in the skillet.

Cook for 2 minutes per side until golden. Remove the muffins from the skillet and set them on plates. Top them with fruit and yogurt. Enjoy.