

RECIPE FILE

Make French toast tropical by adding pineapple and banana

That old stand by, French toast, takes on a whole new taste when you blend some pineapple juice concentrate and a ripe banana into the recipe.

You can always count on evaporated milk to make the centre of the toast rich and custardy and how the bananas and pineapple will give it a touch of the tropics.

It's simple to make and topped with pineapple sauce, it's simply delicious to eat.

Tropical Isle French Toast

- 3/4 cup (175 ml) undiluted evaporated milk;
- 1/4 cup (50 ml) water;
- 4 eggs;
- 1 small ripe banana;
- 2 tbsp (30 ml) frozen pineapple juice concentrate;
- 6 Slices (1/2 inch/12mm) day old egg bread;
- butter;
- pineapple sauce;

Directions: Combine evaporated milk, water, eggs, banana and pineapple juice concentrate in blender container. Cover and blend at high speed until smooth.

Place bread slices in a large shallow pan. Pour milk mixture over bread. Turn slices over once. Cover and refrigerate one hour or until liquid is absorbed (bread may be refrigerated overnight if desired).

Melt a small amount of butter in frypan. Cook bread slices, part at a time, until golden on both sides; add more butter to pan as needed.

Serve with Golden Pineapple Sauce. Makes 6 slices.

Pineapple Sauce

Directions: Pineapple sauce: Combine 1/2 cup (125 ml) butter and 1/2 cup (125 ml) pineapple jam in small



Tropical Isle French Toast is simple to make and eat.

saucepan. Cook and stir over low heat until smoothly combined and heated through. Makes about 1 cup (250 ml).



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THE CANADIAN ARMED FORCES

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RELIGIOUS SERVICE DIRECTORY



First Community Church of Milton

Sunday Services and Church School 10 a.m.
Halton Centennial Manor Auditorium
Enter from Childs Drive

Everyone Welcome
A Caring Community

Pastor: Emrys Jenkins

Church Office: 878-0354
581 McGeachie Drive Unit #5
Milton, Ontario

HOLY ROSARY ROMAN CATHOLIC PARISH

139 Martin St. Milton

878-6535

Mass Times:

Sat. - 7:15 p.m. Sun. - 9:00 a.m.
10:30 a.m., 12 noon

OUR LADY OF VICTORY

Milton Heights

Mass at 10:30 a.m. Sunday

ST. PETER'S CHURCH

9th Line Trafalgar

Mass at 9:00 a.m. Sunday

Revs. Earl Talbot, Donald Wilhelm,
Harold Bedford, S. J.

MILTON

ALLIANCE CHURCH

2850 DERRY RD.

Pastor: Rev. Errol Rempel

Minister to Youth

Rev. Mark Kotchapaw

878-5664

9:45 a.m. Family Sunday School
11:00 a.m. Morning Worship Service
6:30 p.m. Evening Service
Nursery Facilities at all Services

BAHA'I FAITH

P.O. BOX 13

MILTON, L9T 2Y3

878-3098

"These children are even as young plants, and teaching them the prayers is as letting the rain pour down upon them."

Wed., Feb. 28

4:30 - 5:30 pm

Hugh Foster Hall

"Come Read with Us"

Family Storytime re:

life's challenges/choices

OPEN TO ALL - JOIN US!

THE PRESBYTERIAN CHURCH IN CANADA KNOX, MILTON

170 Main St., E. 878-6066

Minister: The Rev. Noble Dean

Diocesan Minister: Miss Terrie-Lee Hamilton

878-4979

MISSION SUNDAY, MARCH 4, 1990

9:30 a.m. — Adult Bible Study

9:45 a.m. — Junior, Senior High • Bible Study

11:00 a.m. — Morning Worship

Guest Speaker: Rev. Florence Palmer

— Church School (Ages 3-Grade 6)

— Nursery (Infants up to 2 yrs.)

ALL WELCOME

Please call 878-6066 to arrange for Wheelchair Access

TRINITY BAPTIST CHURCH

P.O. Box 596, Burlington

4272 Appleby Line

Rev. W. E. Payne

634-4879

SUNDAY, MARCH 4, 1990

9:45 a.m. Bible School

with classes for all ages

11:00 am & 6:30 p.m.

Services of Worship, Praise

and Bible Teaching

Tuesdays 7:00 p.m.

BOYS & GIRLS CLUB Ages 8-12

Wednesday, 7:45 p.m.

PRAYER MEETING & BIBLE STUDY

Proclaiming God's Sovereign Grace



Stroller up to 2 years available. Wheelchair access to sanctuary from parking lot.

MILTON BAPTIST CHURCH

900 Nipissing Road

875-1626

Pastor:

Rev. Terry Laing

Sunday, March 4, 1990

Sunday School: 9:45 a.m.

Morning Worship: 11:00 a.m.

Junior Church and Nursery

Wheelchair Accessible

GRACEWAY BAPTIST CHURCH

Pastor: Walter H. Isak

876-2298

We welcome you to meet with us at:

407 Pine Street

Next to Milton Library

10:00 a.m. — Sunday School

11:00 a.m. — Morning Worship

6:30 p.m. — Evening Service

Thursday 7:00 p.m. — Bible Study

Nursery and interpretation for the hearing

impaired provided for all services.

"The Church That Cares For You"

GRACE ANGLICAN CHURCH

317 Main St., Milton, Ont.

878-2411

Sunday, March 4, 1990

8:00 a.m. Holy Eucharist

10:30 a.m. Holy Eucharist

MILTON GOSPEL HALL

306 Ontario St. S.

878-2022

10:00 a.m. — Breaking Bread

11:45 a.m. — Sunday School

7:00 p.m. — Gospel Service

Wednesday 7:30 p.m.

Prayer and Bible Reading

"For God sent not his son into the world to condemn the world, but that the world through him might be saved."

JOHN 3:17