



Classic Cinnalicious French Toast



Entire recipe: 226 calories, 4.5g total fat (1g sat. fat), 549mg sodium, 31g carbs, 8g fiber, 4g sugars, 18g protein

Prep: 5 minutes **Cook:** 5 minutes

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Ingredients

1/2 cup fat-free liquid egg substitute
1/2 tsp. cinnamon
1/4 tsp. vanilla extract
1 no-calorie sweetener packet
2 tsp. light whipped butter or light buttery spread
3 slices light bread

Directions

In a wide bowl, mix egg substitute, 1/4 tsp. cinnamon, vanilla extract, and sweetener.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add butter and let it coat the bottom. Meanwhile, coat bread on all sides with egg mixture.

Cook bread until golden brown, 1 to 2 minutes per side.

Top with remaining 1/4 tsp. cinnamon and enjoy!

MAKES 1 SERVING

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