



## Overstuffed PB & Banana French Toast



Entire recipe: 332 calories, 11.5g total fat (3.5g sat fat), 524mg sodium, 38.5g carbs, 7.5g fiber, 10.5g sugars, 18.5g protein

**Blue Plan (Freestyle™) SmartPoints®** value 8\*

**Prep:** 10 minutes    **Cook:** 10 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute  
1 1/4 tsp. vanilla extract  
1/2 tsp. cinnamon  
1 no-calorie sweetener packet (like Truvia)  
1 tbsp. reduced-fat/light cream cheese, room temperature  
2 tsp. reduced-fat peanut butter, room temperature  
2 slices light white bread  
1/3 cup sliced banana  
2 tsp. light whipped butter or light buttery spread  
Optional topping: sugar-free or light pancake syrup

### Directions

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

In a small bowl, thoroughly mix cream cheese and peanut butter with remaining 1/4 tsp. vanilla extract, 1/4 tsp. cinnamon, and sweetener. Gently spread mixture onto one slice of bread. Top with banana and the other bread slice. Lightly press to seal.

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

Cook sandwich until golden brown, 2 - 3 minutes per side.

MAKES 1 SERVING

An earlier version of this recipe appeared on the website and in the book *Hungry Girl 1-2-3*. We've given it a 2018 upgrade! Nutritional info varies.

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.