



## 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

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



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### 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.

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