



PB&J French Toast Nuggets



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Entire recipe (4 nuggets): 325 calories, 11g total fat (2g sat. fat), 490mg sodium, 38.5g carbs, 3.5g fiber, 10.5g sugars, 15.5g protein

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



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Ingredients

1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/2 tsp. vanilla extract
1/4 tsp. cinnamon
1 standard-sized hot dog bun (about 130 calories)
1 tbsp. reduced-fat peanut butter, room temperature
1 tbsp. low-sugar grape jelly or strawberry preserves
2 tsp. light whipped butter or light buttery spread
Optional toppings: powdered sugar, sugar-free or lite pancake syrup

Directions

In a wide bowl, mix egg whites/substitute, vanilla extract, and cinnamon.

Open bun without separating the halves. Spread peanut butter onto one half, top with jelly or preserves, and lightly press to seal. Slice into four "nuggets."

Bring a skillet sprayed with nonstick spray to medium-high heat. Add butter and let it coat the bottom.

Meanwhile, coat nuggets on all sides with egg mixture.

Cook nuggets, flipping occasionally, until golden brown on all sides, 3 - 4 minutes.

MAKES 1 SERVING

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