



PB&J French Toast



Entire recipe: 310 calories, 7.5g total fat, 410mg sodium, 40.5g carbs, 11g fiber, 13g sugars, 24.5g protein

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



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Ingredients

1/3 cup egg whites or fat-free liquid egg substitute (like [Egg Beaters Original](#))
1/3 oz. (about 2 tbsp.) vanilla protein powder with about 100 calories per full scoop (like the kinds by [Designer Whey](#) and [Rainbow Light](#))
1/4 tsp. cinnamon
1/4 tsp. vanilla extract
1 no-calorie sweetener packet (like Splenda or Truvia)
2 slices light bread
1 cup frozen unsweetened mixed berries, thawed and drained
2 tsp. creamy peanut butter

Directions

In a wide bowl, combine egg whites/substitute, protein powder, cinnamon, and vanilla extract. Add half of the sweetener packet, and whisk thoroughly.

Bring a large skillet sprayed with nonstick spray to medium-high heat.

Evenly soak bread on both sides in egg mixture, until all the mixture has been absorbed. Cook until golden brown, 1 - 2 minutes per side.

In a medium microwave-safe bowl, toss berries with the remaining half of the sweetener packet. Add peanut butter, and microwave for 15 seconds, or until peanut butter is warm. Stir to coat, and spoon over French toast!

MAKES 1 SERVING

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