

# FRENCH TOAST



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## Ingredients

- 6 slices lite wheat bread
- 1 egg
- 2 tbsp almond milk
- Dash of Cinnamon
- Sugar Free Syrup
- Powdered Sugar

Yields: 6 servings

## Directions

1. In a bowl, mix eggs with milk and cinnamon.
2. Soak bread lightly in egg mixture and cook on medium until golden brown.
3. Serve with a pinch of powdered sugar and sugar free syrup for a yummy low calorie French toast.

Tip: Goes well with turkey sausage and a fruit salad with fat free cool whip.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 whole slice	125	2 g	5 g	30 g	414 mg

(made with ½ tbsp. powdered sugar & ½ cup SF Syrup)

Carbohydrate Exchange: 2