

Fat Burning French Toast



This healthy French toast recipe is very high in protein yet low in carbs and sugar. It's quick, easy, and you will not believe how delicious.

NUTRITIONAL INFO

Calories: 60–65 per slice

Fat: 0 grams

Carbs: 2 grams

Fiber: 1 gram

Protein: 15 metabolic boosting grams

Serving: 1 per recipe

Ingredients:

- (1) Egg white (use 2 if small)
- (¼ cup) Pre-made Protein Shake
- (½ tsp.) Vanilla extract
- Splenda® or sweetener of choice
- (1 slice) Blast Fat Banana NOT Bread or bread of choice (using a different bread may affect nutritional information)
- (¼ cup) Berries for topping

Optional Serving Suggestions:

- *Pour Walden Farms Zero Calorie Maple Syrup over the top.*
- *Top with berries for a beautiful, healthy dessert, or LynFit Vanilla Protein Powder*

Directions:

- In a large baking dish, stir together the egg white, pre-made protein shake, vanilla extract or cinnamon (and if needed, sweetener to taste)
- Dip the bread in the egg mixture and let soak for 3–5 minutes. Flip bread and let soak another 3–5 minutes.
- Spray a griddle or large pan with cooking spray and heat to medium heat
- Cook bread until lightly golden brown on each side
- Garnish with berries or sprinkle with Vanilla Protein Powder