

**WORK HARD
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Ezekiel French Toast

1 Serving

269 Cal, 37g Carb, 2g Fat, 28g Pro

- 2 slice Ezekiel bread
- 3 Tbs 100% liquid egg whites
- 1/2 cup unsweetened vanilla almond milk
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1 packet Truvia

Whisk together egg whites, almond milk, vanilla, cinnamon, and Truvia in a shallow bowl. Spray a griddle pan or frying pan with a little non-stick spray and heat on medium. Dredge Ezekiel bread in the egg white mixture one slice at a time, making sure to flip the bread over and really soak up the liquid. Transfer to heated pan. Brown on both sides. Top with sugar free maple syrup. Enjoy!