

French Toast

Eating French toast is a perfect example of how you can enjoy bread while keeping your body in fat-burning mode. This recipe isn't just delicious—it's expertly crafted with the right balance of protein, carbohydrates, fats, and dietary fiber. Enjoy every bite guilt-free!

Ingredients:

- 4 egg whites
- 2 whole eggs
- 1/3 cup of milk of your choice
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp vanilla
- 4 slices of 100% whole wheat or sourdough bread
- 1/2 cup syrup of choice
- Non-stick cooking spray (optional)

Method:

In a medium bowl add eggs, milk, vanilla and spices- beat until well blended. Dip bread in egg mixture, turning over once to cover both sides. Cook on a non-stick skillet over medium heat until golden on both sides. Serve with syrup or no-added sugar apple sauce.

Serves: 2



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