



## Air-Fryer French Toast Sticks



Entire recipe: 157 calories, 1.5g total fat (0g sat fat), 518mg sodium, 21.5g carbs, 5.5g fiber, 2.5g sugars, 14.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 5 minutes    **Cook:** 10 minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#)

### Ingredients

1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute  
2 tbsp. unsweetened vanilla almond milk  
1 packet natural no-calorie sweetener (like Truvia)  
3/4 tsp. vanilla extract  
1/2 tsp. cinnamon  
Dash salt  
2 slices light bread  
Optional toppings: lite pancake syrup, powdered sugar, berries

### Directions

In a medium bowl, combine all ingredients *except* bread. Whisk with a fork until uniform.

Cut bread into 1-inch-wide strips. Coat with egg mixture.

Spray air fryer basket with nonstick spray. Add bread strips in a single layer.

Set air fryer to 356 degrees. Cook until golden brown and crispy, 7 - 9 minutes.

MAKES 1 SERVING

**HG FYI:** Our air fryer has a dial setting for 356 degrees. Depending on your air fryer model, you can set to 356 or 360 degrees.

**Stovetop Alternative:** If you don't have an air fryer, bring a large skillet sprayed with nonstick spray to medium-high heat. Cook until golden brown and crispy, 2 - 3 minutes per side.

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.