



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

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

More: [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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.