



Apple French Toast in a Mug



Entire recipe: 153 calories, 1.5g total fat (0g sat. fat), 482mg sodium, 23g carbs, 6g fiber, 4.5g sugars, 12.5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 5 minutes or less

More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Single Serving](#), [5 Ingredients or Less](#)

Ingredients

2 tbsp. chopped Fuji or Gala apple
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
2 tbsp. unsweetened vanilla almond milk
1 packet no-calorie sweetener
2 slices light bread
Optional toppings: lite pancake syrup, powdered sugar, berries, light butter<

Seasonings:

1/2 tsp. cinnamon
Dash salt

Directions

Place apple in a microwave-safe mug sprayed with nonstick spray. Cover and microwave for 1 minute, or until softened.

Add all remaining ingredients *except* bread. Mix thoroughly.

Cut bread into 1-inch pieces. Add to the mug, and gently stir to coat. Microwave for 1 minute.

Gently stir. Microwave for 45 seconds, or until set

MAKES 1 SERVING

HG Alternative: The recipe also ROCKS with the Thin Sliced varieties of [Dave's Killer Bread!](#) (Nutritional stats will vary.)

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.