



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



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

[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.