



## Big Banana-Berry French Toast



Entire recipe: 360 calories, 5.5g total fat (1g sat fat), 595mg sodium, 59g carbs, 11g fiber, 23.5g sugars, 22.5g protein

**Green Plan [SmartPoints](#)® value 8\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

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

Tagged: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



### Ingredients

1 tbsp. low-sugar strawberry preserves  
3/4 cup sliced strawberries  
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))  
1/4 tsp. vanilla extract  
1/8 tsp. cinnamon  
2 tsp. light whipped butter or light buttery spread (like [Brummel & Brown](#))  
3 slices light bread  
1/2 small banana, thinly sliced  
1 tsp. powdered sugar  
1/4 cup Fat Free Reddi-wip

### Directions

In a medium bowl, stir preserves until smooth. Add sliced strawberries, and stir to coat.

In a wide bowl, mix egg substitute, vanilla extract, and cinnamon.

Bring a large skillet sprayed with nonstick spray to medium-high heat.

Add butter and let it coat the bottom. Meanwhile, coat bread on all sides with egg mixture.

Cook egg-coated bread until golden brown, 1 - 2 minutes per side.

If you like, diagonally slice each piece in half. Plate French toast and top with strawberry mixture and sliced banana. Sprinkle with powdered sugar, top with Reddi-wip, and enjoy!

MAKES 1 SERVING

[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.