



Cannoli-Stuffed French Toast Nuggets



Entire recipe (4 nuggets): 228 calories, 6.5g total fat (3g sat fat), 395mg sodium, 31g carbs, 3g fiber, 10.5g sugars, 12.5g 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

1/4 cup fat-free liquid egg substitute
1/4 tsp. cinnamon
1 tsp. vanilla extract
3 tbsp. fat-free ricotta cheese
1 no-calorie sweetener packet
2 tsp. mini semi-sweet chocolate chips
1 light hot dog bun
2 tsp. light whipped butter or light buttery spread
1/2 tsp. powdered sugar
Optional topping: sugar-free pancake syrup

Directions

In a wide bowl, mix egg substitute, cinnamon, and 1/2 tsp. vanilla extract.

In a small bowl, mix ricotta cheese, sweetener, and remaining 1/2 tsp. vanilla extract. Fold in chocolate chips.

Open bun without separating the halves. Spoon ricotta mixture onto one half and lightly press to seal. Slice into four "nuggets."

Bring a skillet sprayed with nonstick spray to medium-high heat. Add butter and let it coat the bottom. Meanwhile, coat nuggets on all sides with egg mixture.

Cook nuggets, flipping occasionally, until golden brown on all sides, 3 to 4 minutes.

Serve sprinkled with powdered sugar 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.