



## Cinnamon Maple French Toast in a Mug



Entire recipe: 145 calories, 1.5g total fat (0g sat fat), 482mg sodium, 21g carbs, 5.5g fiber, 2.5g sugars, 12g 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



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

### Ingredients

1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
2 tbsp. unsweetened vanilla almond milk  
1 no-calorie sweetener packet (like Truvia)  
3/4 tsp. maple extract  
1/2 tsp. cinnamon  
Dash salt  
2 slices light bread  
Optional toppings: lite pancake syrup, powdered sugar, berries

### Directions

Spray a microwave-safe mug with nonstick spray. Add all ingredients *except* bread. Mix thoroughly.

Cut bread into 1-inch pieces.

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

Gently stir. Microwave for 45 seconds, or until set.

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.)

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