



## 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

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



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### 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

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