



## Classic Cinnalicious French Toast



Entire recipe: 226 calories, 4.5g total fat (1g sat fat), 549mg sodium, 31g carbs, 8g fiber, 4g sugars, 18g protein

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

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



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

### Ingredients

1/2 cup fat-free liquid egg substitute  
1/2 tsp. cinnamon  
1/4 tsp. vanilla extract  
1 no-calorie sweetener packet  
2 tsp. light whipped butter or light buttery spread  
3 slices light bread

### Directions

In a wide bowl, mix egg substitute, 1/4 tsp. cinnamon, vanilla extract, and sweetener.

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 bread until golden brown, 1 to 2 minutes per side.

Top with remaining 1/4 tsp. cinnamon 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.