



Dubai Chocolate Stuffed French Toast Nuggets



Entire recipe: 360 calories, 13g total fat (5g sat. fat), 450mg sodium, 43g carbs, 4g fiber, 13g sugars, 17g protein

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



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Ingredients

1/4 cup (about 2 large) egg whites/liquid egg substitute
1/4 tsp. cinnamon
2 tbsp. light/low-fat ricotta cheese
2 tsp. [pistachio cream](#)
2 drops almond extract
3 tbsp. crushed [shredded wheat cereal](#) (about 9 mini biscuits)
2 tsp. mini (or chopped) [semi-sweet chocolate chips](#)
1 hot dog bun
2 tsp. light whipped butter or light buttery spread
Optional toppings: powdered sugar, sugar-free pancake syrup

Directions

In a wide bowl, combine egg whites/substitute with cinnamon. Mix until uniform.

Place ricotta, pistachio cream, and almond extract in a small bowl. Mix until smooth and uniform. Fold in crushed cereal and chocolate chips.

Evenly spread ricotta mixture inside the hot dog bun, and lightly press to seal. Slice into four nuggets.

Bring a large skillet sprayed with nonstick spray to medium heat. Add butter, and let it coat the bottom.

Coat nuggets with egg mixture. Cook until golden brown on all sides, 3–4 minutes.

MAKES 1 SERVING

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