



French Toast in a Muffin Pan



1/6th of recipe (2 muffins): 207 calories, 6.5g total fat (2.5g sat. fat), 471mg sodium, 26g carbs, 5.5g fiber, 8g sugars, 12g protein

Prep: 15 minutes **Cook:** 35 minutes

More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

French Toast

12 slices light bread
1 1/4 cups (about 10 large) egg whites or fat-free liquid egg substitute
1 cup unsweetened vanilla almond milk
3 packets no-calorie sweetener (like Truvia)
2 tsp. vanilla extract
1 tsp. cinnamon
1/8 tsp. salt

Icing

1/3 cup light/reduced-fat cream cheese
3 tbsp. light whipped butter or light buttery spread
2 tsp. unsweetened vanilla almond milk
1/4 tsp. vanilla extract
1/4 cup powdered sugar

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Lightly toast bread, and cut into 1-inch pieces.

In a large bowl, combine remaining French toast ingredients. Whisk until uniform.

Add bread pieces to the bowl, and gently stir to coat.

Evenly distribute mixture into the cups of the muffin pan. Bake until light golden brown, about 25 minutes.

Meanwhile, in a medium-large bowl, combine all icing ingredients *except* powdered sugar. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding powdered sugar. Beat until smooth, about 1 more minute.

Plate French toast muffins, and drizzle with icing.

MAKES 6 SERVINGS

HG Tip: To easily drizzle icing, transfer it to a plastic bag, and squeeze it down toward a bottom corner. Snip off that corner with scissors, creating a small hole for piping.

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