



Gingerbread French Toast



Entire recipe (2 slices): 227 calories, 4.5g total fat (1g sat. fat), 406mg sodium, 32.5g carbs, 5g fiber, 12.5g sugars, 14g protein

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



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Ingredients

1/3 cup (about 3 large) egg whites or liquid egg substitute
2 tsp. molasses
1/2 tsp. vanilla extract
1/2 tsp. pumpkin pie spice
1/4 tsp. ground ginger
2 tsp. light butter
2 slices whole-grain bread with 60–80 calories per slice
1 tsp. powdered sugar
Optional topping: sugar-free or light pancake syrup

Directions

In a wide bowl, combine egg whites/substitute, molasses, vanilla extract, pumpkin pie spice, and ginger. Whisk until uniform.

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

Coat bread with egg mixture. Cook until golden brown, 1–2 minutes per side.

Serve topped with powdered sugar.

MAKES 1 SERVING

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