



Pumpkin Cranberry French Toast in a Mug



Entire recipe: 224 calories, 2g total fat (0g sat. fat), 499mg sodium, 39g carbs, 7.5g fiber, 10.5g sugars, 13g protein

Total: 5 minutes



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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
2 tbsp. canned pure pumpkin
1 packet no-calorie sweetener
1/2 tsp. vanilla extract
1/2 tsp. cinnamon
1/4 tsp. pumpkin pie spice
Dash salt
2 slices whole-grain bread with 60 - 80 calories per slice
1 tbsp. sweetened dried cranberries, chopped
Optional toppings: lite pancake syrup, powdered sugar, light butter

Directions

Spray a microwave-safe mug with nonstick spray. Add all ingredients *except* bread and cranberries. Mix thoroughly.

Cut bread into 1-inch pieces. Add to the mug, and gently stir to coat. Top with chopped cranberries. Microwave for 1 minute.

Gently stir. Microwave for 45 seconds, or until set.

MAKES 1 SERVING

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