



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

Green Plan [SmartPoints](#)® value 5*

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

Purple Plan [SmartPoints](#)® value 5*

Total: 5 minutes



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

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

[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.