



## Pumpkin-Cranberry French Toast Muffins



1/6th of recipe (2 muffins): 167 calories, 1.5g total fat (0g sat. fat), 420mg sodium, 29g carbs, 6.5g fiber, 9.5g sugars, 11.5g protein

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

**Cool:** 10 minutes



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### Ingredients

1/4 cup sweetened dried cranberries, chopped  
12 slices light bread  
1 1/4 cups (about 10 large) egg whites or fat-free liquid egg substitute  
1/2 cup unsweetened vanilla almond milk  
1/3 cup canned pure pumpkin  
3 tbsp. lite pancake syrup, or more to taste  
3 packets natural no-calorie sweetener (like Truvia)  
2 tsp. maple extract  
2 1/2 tsp. pumpkin pie spice  
2 tsp. cinnamon  
1/4 tsp. salt

### Directions

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

Place cranberries in a small bowl, and cover with warm water. Soak until softened, 5 - 10 minutes. Drain excess liquid.

Meanwhile, lightly toast bread, and cut into 1-inch pieces.

In a large bowl, combine egg, almond milk, pumpkin, 1 tbsp. syrup, sweetener, maple extract, 2 tsp. pumpkin pie spice, cinnamon, and salt. Whisk until uniform.

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

Evenly distribute mixture into the cups of the muffin pan. Sprinkle with softened cranberries (lightly pressing to adhere) and remaining 1/2 tsp. of pumpkin pie spice.

Bake until light golden brown, about 25 minutes.

Let cool slightly, 5 - 10 minutes.

Transfer to a plate, and drizzle with remaining 2 tbsp. syrup.

**MAKES 6 SERVINGS**

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