



Pumpkin French Toast Muffins



1/6 of recipe (1 muffin): 112 calories, 2.5g total fat (1g sat. fat), 252mg sodium, 22.5g carbs, 5.5g fiber, 3g sugars, 5.5g protein

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

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Ingredients

10 slices light bread
1/4 cup whipped cream cheese
2 packets natural no-calorie sweetener, divided
1 tsp. + 1 drop vanilla extract, divided
3/4 cup (about 6 large) egg whites or liquid egg substitute
1/2 cup canned pure pumpkin
1/4 cup unsweetened vanilla almond milk
2 tbsp. natural no-calorie brown sugar substitute that measures like sugar (like [the kind by Swerve](#)), divided
1 tsp. pumpkin pie spice
1 tsp. cinnamon, or more for topping
1 dash salt
Optional toppings: powdered sugar, sugar-free pancake syrup

Directions

Preheat oven to 350°F. Spray a [6-cup jumbo muffin pan](#) with nonstick spray. (You can use 6 cups of a standard muffin pan, but the jumbo kind is better.)

Toast bread. While cooling, combine cream cheese, 1 sweetener packet, and 1 drop vanilla extract in a small bowl. Mix until uniform.

Once toast is cool, cut each slice of toast into six pieces. (Halve each slice, then cut each half widthwise into 3 pieces.)

In a large bowl, combine egg whites/substitute, pumpkin, milk, 1 tbsp. brown sugar substitute, remaining 1 sweetener packet, remaining 1 tsp. vanilla extract, pumpkin pie spice, cinnamon, and salt. Whisk until uniform.

Add toast pieces to the large bowl, and gently stir to thoroughly coat. Let sit for 2 minutes.

Evenly spoon the bread mixture into the muffin cups. Press gently to fit.

Press 1/6 of the cream cheese mixture (about 2 tsp.) into the center of each muffin.

Top muffins with remaining 1 tbsp. brown sugar substitute.

Bake until golden brown and cooked through, about 24 minutes.

MAKES 6 SERVINGS

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