



Pumpkin Pie French Toast Snack Sticks



1/2 of recipe: 114 calories, 1.5g total fat (0g sat. fat), 244mg sodium, 17.5g carbs, 2.5g fiber, 2.5g sugars, 6.5g protein

Prep: 5 minutes **Cook:** 10 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 natural no-calorie sweetener
1/2 tsp. cinnamon
1/2 tsp. vanilla extract
1/4 tsp. pumpkin pie spice, or more for topping
Dash salt
2 slices [Arnold/Brownberry/Oroweat](#) Small Slice Oatnut Bread
Optional toppings: natural sugar-free pancake syrup, powdered sugar, light butter

Directions

In a medium bowl, combine all ingredients except bread. Whisk with a fork until uniform.

Cut bread into 1-inch-wide strips. Coat with egg mixture.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook until golden brown and crispy, 2–3 minutes per side.

MAKES 2 SERVINGS

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