



## Strawberry Protein French Toast Muffins



1/8 of recipe (1 muffin): 110 calories, 2g total fat (0.5g sat. fat), 235mg sodium, 13.5g carbs, 3g fiber, 3.5g sugars, 10g protein

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**Prep:** 15 minutes    **Cook:** 30 minutes



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### Ingredients

8 slices light bread  
3/4 cup unsweetened vanilla almond milk  
1/2 cup vanilla whey protein powder (like [Isopure Zero Carb](#))  
1 cup (about 8 large) egg whites or liquid egg substitute  
1 tsp. vanilla extract  
1/2 tsp. cinnamon  
1 dash salt  
1/4 cup whipped cream cheese  
2 tbsp. low-sugar strawberry preserves  
3/4 cup sliced strawberries  
Optional toppings: powdered sugar, sugar-free pancake syrup

### Directions

Preheat the oven to 350°F. Spray 8 cups of a 12-cup muffin pan with nonstick spray.

Lightly toast bread, and set aside to cool completely.

Pour milk into a medium bowl. Slowly add protein powder while whisking until smooth and uniform. Add egg whites/substitute, vanilla extract, cinnamon, and salt. Whisk until uniform. (Don't worry if it froths up.)

Evenly spread cream cheese and jam onto 4 pieces of the cooled toast. Top with sliced strawberries and remaining 4 pieces of toast, forming 4 sandwiches. Cut each sandwich into 6 pieces. (Halve each sandwich, then cut each half widthwise into 3 pieces, for 24 total pieces.)

Fill each of the 8 muffin cups with 3 sandwich pieces, pressing them in gently to fit. Top with egg mixture.

Bake until golden brown, about 24 minutes.

**MAKES 8 SERVINGS**

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