Sweet 'n Creamy Caramel Apple French Toast



Entire recipe: 286 calories, 5g total fat (1g sat. fat), 542mg sodium, 53g carbs, 6.5g fiber, 29g sugars, 12.5g protein

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Prep: 10 minutes **Cook:** 5 minutes

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Ingredients

1/2 tsp. natural no-calorie sweetener that measures like sugar
1/4 tsp. cornstarch
1/4 tsp. plus 1/8 tsp. cinnamon, divided
1 dash salt
3/4 cup peeled and sliced apple
1/8 tsp. lemon juice
1/4 cup (about 2 large) egg whites or liquid egg substitute
2 tbsp. plus 1 tsp. unsweetened vanilla almond milk, divided
1/4 tsp. plus 1 drop vanilla extract, divided
2 tsp. light butter
2 slices light bread
2 tbsp. powdered sugar (not packed)
1 tsp. light caramel dip

Directions

In a medium microwave-safe bowl, combine sweetener, cornstarch, 1/8 tsp. cinnamon, and salt. Add 2 tbsp. warm water, and stir to dissolve cornstarch. Add apple and lemon juice, and stir well.

Cover and microwave for 1 minute, or until apple has softened and liquid has thickened. Stir to coat, and set aside. (It will thicken more as it cools.)

In a wide bowl, mix egg whites/substitute, 2 tbsp. milk, 1/4 tsp. vanilla extract, and remaining 1/4 tsp. cinnamon.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add butter and let it coat the bottom. Coat bread on all sides with egg mixture. Cook until golden brown, 1–2 minutes per side.

In a small bowl, combine powdered sugar, remaining 1 tsp. milk, and remaining drop of vanilla extract. Stir until a creamy glaze forms.

Stir apple mixture. Serve French toast topped with apples, caramel, and glaze.

MAKES 1 SERVING

HG Tip: If needed, microwave caramel in a small microwave-safe bowl for 10–20 seconds, or until easy to drizzle.

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