



Tiki French Toast in a Mug



Entire recipe: 253 calories, 5g total fat (2.5g sat. fat), 537mg sodium, 38g carbs, 7g fiber, 9.5g sugars, 15g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

3 tbsp. pineapple tidbits packed in juice (not drained)
1/3 cup (about 3 large) egg whites or liquid egg substitute
2 tbsp. unsweetened vanilla almond milk
1 packet natural no-calorie sweetener
1/2 tsp. ground cinnamon
1/4 tsp. [coconut extract](#)
1/4 tsp. vanilla extract
1 dash salt
2 slices whole-grain bread with 60–80 calories per slice
1 tbsp. unsweetened shredded coconut
Optional topping: light or [sugar-free pancake syrup](#)

Directions

Spray a large microwave-safe mug with nonstick spray. Thoroughly drain juice from the pineapple into the mug. (Reserve pineapple.)

Add egg whites/substitute, almond milk, sweetener, cinnamon, coconut extract, vanilla extract, and salt. Mix thoroughly.

Cut bread into 1-inch pieces. Add to the mug, and gently stir to coat.

Microwave for 1 minute. Gently stir. Microwave for 45 seconds, or until set.

Top with reserved pineapple and shredded coconut.

MAKES 1 SERVING

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