

HG's Very Merry Gingerbread French Toast

Prep: 5 minutes

Cook: 5 minutes

Ingredients:

1 /3 cup egg whites

2 tsp. molasses

1 /2 tsp. vanilla extract

1 /2 tsp. pumpkin pie spice

1 /4 tsp. ground ginger

2 tsp. light butter

2 slices whole wheat bread

1 tsp. powdered sugar

Optional topping: sugar-free
pancake syrup



Directions:

1. In a wide bowl, combine egg whites, molasses, vanilla extract, pumpkin pie spice, and ginger. Whisk until uniform.
2. Bring a large skillet sprayed with nonstick spray to medium heat. Add butter, and let it coat the bottom.
3. Meanwhile, coat the bread slices on all sides with egg mixture.
4. Cook egg-coated bread until golden brown, about 2 minutes per side.
5. Serve sprinkled with powdered sugar.

Nutrition Information:

Whole Recipe:

Calories: 275

Fat: 6g

Carbs: 41g

Protein: 14g

2 Servings:

140 Calories

3 g Fat

21 g Carbohydrate

7 g Protein

Recipe From:

<http://www.hungry-girl.com/recipe-makeovers/show/Healthy-gingerbread-french-toast>