



French Toast for One

Servings 1 | Prep time 4 mins. | Total time 5 mins.

Equipment: Large mug or microwave-safe bowl

Utensils: Fork, Measuring cups and spoons

Ingredients

1 teaspoon butter

1/4 cup low-fat milk

1/4 teaspoon cinnamon

1/4 teaspoon (regular or imitation) vanilla extract

1 large egg

1 cup whole wheat bread (about 2 slices), cut into 1-inch squares

Toppings Suggestions:

1 teaspoon sugar free pancake syrup

1/2 cup fresh or frozen fruit (berries, banana, apple)

1/4 cup unsalted nuts (pecans, walnuts, almonds), chopped

1 tablespoon peanut butter

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruits.
2. Place the butter in a large mug or microwave-safe bowl and microwave for short bursts, up to 30 seconds or until butter is melted. Add milk, cinnamon, vanilla extract, and the egg to the mug or bowl. Whisk together until mixed evenly.
3. Add in the bread pieces and gently stir until all the pieces are soaked in the egg and milk mixture. Be careful to stir gently so bread does not break apart. Let rest for one minute to allow bread to absorb liquid.
4. Microwave the mug or bowl for 60-90 seconds, or until the mixture is solid.
5. Serve immediately with toppings of choice.

Nutritional Information:

Calories 230

Total Fat 11g

Sodium 250mg

Total Carbs 19g

Protein 5g