



Egg Whites Taste Just Like Bananas Foster

Start with six egg whites (you can crack and separate your own eggs, but note most grocery stores carry “Just Egg Whites”) & (use more or less eggs if you want) and one teaspoon of artificial vanilla flavoring. Blend the eggs whites and vanilla in a blender with 2 tbs. skim milk for 30 seconds on medium to medium high. It will make a whipped cream, fluffy texture.

Take a banana and cut very thin slices and drop it into the open side of a hot skillet with Non fat/Non stick coating. Allow the bananas to contact the heat and they will start to brown, which is caramelization of the sugars in the fruit. Add ¼ cup sugar free maple syrup and some pecans (optional). You can then pull the mixture to one side of the pan and lower the heat to medium.

Add some additional nonstick spray to the exposed side and pour in your egg/vanilla/skim milk mixture. Drop the mixture into the skillet. Stir the eggs gently until they are standing and cooked-pretty much like scrambled eggs. Now fold the eggs and fruit together and let stand for about a minute on medium heat.

Place them on a plate, add some sugar free maple syrup and some sugar free caramel dressing, top with some sugar free whipped topping and enjoy. Sprinkle on some cinnamon to really kick this up a notch.

6 egg whites
1 tea vanilla flavoring
2 tbs. skim milk
2 tbs. sugar free caramel syrup (Smuckers®)
¼ cup sugar free syrup (corn syrup free)
¼ cup pecans (optional)
Sugar free/fat free Whip cream
Pinch of cinnamon
Non Fat/Non Stick cooking spray

You can always pour a little brandy around the eggs and ignite them, but I’m not advising that in bed.