



Protein French Toast with Sautéed Apples

Ingredients

- 2-3 slices Food for Life Genesis bread (or Ezekiel or le grain bread)
- 1 scoop Dymatize ISO 100 French vanilla protein
- 1/4 cup Almond milk
- 1 egg
- 1 egg white
- Cinnamon



Optional:

- 1/4 golden apple, sliced
- 1 tsp coconut oil
- Cinnamon

Directions

1. In a bowl, mix eggs, almond milk, cinnamon, and protein.
2. Soak each piece of bread in the mixture until it is all used.
3. Lightly spray a pan or skillet with olive oil or coconut oil and heat pan. Cook each piece of bread until each side has browned.
4. Top toast with your favorite syrup, sugar-free syrup, or honey.

Optional Apples

1. Sauté slices in coconut oil and cinnamon.
2. Eat with French toast.

Nutrition Facts

Without sautéed apples

Calories: 445

Fat: 12 g

Carbs: 44 g

Protein: 37 g