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Troy Adashun's Superhuman French Toast

Ingredients

- 1/2 cup liquid egg whites
- 1 scoop banana flavor G.O.A.T.EIN
- 1/4 cup low-calorie almond milk
- 1 tsp vanilla extract
- 4 packets stevia
- 1 tsp cinnamon
- 4 slices Ezekiel Bread
- Sugar-free syrup to taste

Directions

1. Spread a small amount of coconut oil or olive oil cooking spray in a nonstick skillet.
2. Mix the first six ingredients in a bowl until smooth.
3. Dip the bread in the batter and let it soak for 10-15 seconds.
4. Remove the bread immediately and place in the skillet. Cook on medium heat for 2-3 minutes on each side or until lightly browned.
5. Top with your favorite sugar-free syrup (I recommend Walden Farms).