



Crunchy French Toast

Ingredients:

2 slices cinnamon raisin Ezekial bread
1/2 cup whole grain cereal
1/4 cup slivered almonds
2 tbsp milk (skim or almond)
2 egg whites
1 tsp vanilla
Cinnamon, to taste
Sugar-free syrup

Directions:

In a large bowl, whisk the egg whites, milk and vanilla. Soak the bread in the mixture.

While the bread is soaking, place cereal in a sealed plastic bag and crush with a rolling pin. Add sliced almonds and shake the bag to mix. Pour into a shallow pan.

Carefully remove the bread slices from the egg mixture and coat with the cereal crumbs on both sides. Place the coated slices on a pre-sprayed baking sheet and bake each side for 10 minutes, or until lightly browned.

Top with cinnamon and sugar-free syrup.