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## Low Carb French Toast

### Ingredients

- Atkins whole low carb bread
- 2 eggs
- 1/4 a cup of milk
- 0 sugar syrup

### Directions

1. Soak 4 slices of the bread into the egg/milk mixture put on a frying pan, and fry with PAM, until golden brown.
2. Put them on your plate, then sprinkle some cinnamon on top.
3. Then pour the sugar free syrup on them, and eat them.