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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.