

# Fabulous French Toast

## Yields:

8 - 10 Pieces French Toast  
(make the batter ahead, but not the toast)

1/2 cup LF 2% Cottage Cheese  
2/3 cup Egg Beaters®  
1 Whole Egg  
1/3 c. 2% Milk  
1/2 tsp. Vanilla Extract  
1/4 tsp. Almond Extract  
1/4 tsp. Ground Cinnamon  
40 grams \*Vanilla Protein Powder  
Canola Oil Cooking Spray  
Light Multi Grain or Flourless Bread  
Toasted Walnut Pieces

## Directions:

**Step 1:** Place all ingredients (through Protein Powder) in a blender. Blend until smooth (1 - 2 min.) The cottage cheese should be totally creamy.

**Step 2:** Heat large skillet sprayed with canola oil over med-high heat. Make sure the skillet is good -n- hot before adding bread slices.

**Step 3:** Pour batter into a shallow dish with a lid. Dip whatever number of pieces of French Toast you are *going to eat*; flipping to totally submerge and cover each piece of bread. Immediately place on the hot skillet. Toast about 2 - 3 minutes, or until golden. Flip and toast about 2 more minutes. Remove from heat to your plate and



enjoy! Store the remaining batter in a covered container in refrigerator for up to 5 days. Whisk a bit before each use.

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**TOASTING Nuts:** Place one layer of nuts on a baking sheet in a pre-heated oven to 275° for about 8 - 10 minutes or until crispy and slightly browned. This enhances the flavor of the nut a ton! You can make more than you need and store in an air-tight container for up to 2 weeks.

## Full Meal Portions:

**2 unit portion:** 1 slice French Toast + 1/3 c. Vanilla Greek Yogurt + 1 Tbsp. nuts

**3 unit portion:** 1 1/2 slice French Toast + 1/3 c. Vanilla Greek Yogurt + 1 Tbsp. nuts

**4 unit portion:** 2 slices French Toast + 1/2 c. Vanilla Greek Yogurt + 2 Tbsp. nuts

**5 unit portion:** 2 1/2 slices French Toast + 1/3 c. Vanilla Greek Yogurt + 1 1/2 Tbsp. nuts

\*Not the weight of the protein powder, the macro nutrient (protein) value