



BREAKFAST IN BED FRENCH TOAST



INGREDIENTS:

- 1 Scoop Breakfast in Bed GLAM PRO
- 2 Slices Sprouted bread or GF Bread (80 cal each)
- 1 Large Egg
- 3 Tbsp unsweetened almond milk
- Optional: Cinnamon and sugar free Syrup

DIRECTIONS:

1. Spray a pan with cooking oil. Heat pan on medium-high heat
2. Beat egg and mix in milk and GLAM PRO
3. Place mixture in a deep dish. Add the slices of bread and allow them to soak in the mixture
4. Place bread on the pan, allow to cook on each side for 2-4 minutes
5. Sprinkle cinnamon and top with syrup of choice

Enjoy!

2 slices: Calories: 315 | Protein: 29 gm | Carbs: 32 gm | Fat: 7gm | Fiber: 6 gm