

# FRENCH TOAST MUFFINS



## INGREDIENTS:

- 8 slices Ezekiel bread, cut into small cubes
- 1 large egg\*\*
- 1/2 cup egg whites\*\*
- 1/4 cup unsweetened applesauce
- 1 tbsp maple syrup or sugar-free syrup
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- Optional but recommended: 1 scoop Glam Pro (Breakfast in Bed)
- Optional: 1 tbsp powdered sugar substitute (i.e. Swerve)

## DIRECTIONS:

1. Preheat the oven to 350°F.
2. Line a standard muffin pan with liners or grease the pan using 0-calorie cooking spray.
3. Cut slices of bread into small cubes and place them in a large bowl.
4. Whisk together all ingredients except for the bread in a medium bowl.
5. Pour the egg mix into the large bowl with the bread, mixing and fully coating each piece.
6. Fill each muffin cup (about 3/4 full) with the bread mix.
7. Bake for about 15 minutes.
8. Optional: Sprinkle the Tops with Powdered Sugar Substitute once out of the oven.

\*\* You may sub 3 Flax Eggs for the egg/egg white mixture  
Enjoy!

Makes 12 Muffins | Serving Size: 1 Muffin  
Calories: 72 | Protein: 4 g | Carb: 11 g | Fat: 1 g | Fiber: 2 g