

French Toast

3 Condiments | 1 Fueling

Ingredients

1 packet Cinnamon Brown Sugar Cereal, crushed
1 Tbsp low-fat cream cheese, softened
¼ cup liquid egg substitute
Cooking spray
½ packet Sugar-Free Syrup (optional)

Instructions

Crush the Cereal to form small pieces and empty into a medium-size bowl.
Add the cream cheese and liquid egg substitute, and mix well.
Form three French toast stick pieces with the batter.
Heat a lightly greased skillet over medium high and cook the French toast sticks until warm and lightly browned on all sides.
Serve with Sugar-Free Syrup if desired.