



French toast protein style

Delicious, obviously, though some will miss the butter flavour of traditional french toast. This is a nice alternative and is packed with protein and macro friendly. I just used standard white bread. If GF, use GF bread/paleo bread. Serves 1. Per serve (not including berries, sugar free maple or coconut yoghurt) Cal: 386; Fat: 7g; Pro: 44g; Carbs: 34g

Serves: 1, Prep time: 00:05, Cook time: 00:15

Instructions

Measure out the egg whites and pop in a shallow bowl that is able to fit a slice of bread in the bottom.

In a separate bowl, add the protein powder and cinammon, mixing together so they are well blended.

Heat a non stick fry pan to high heat and arrange the bowls beside the fry pan to avoid too much mess.

Dunk the bread into the egg white first, making sure it is well coated, then dunk it in the protein powder mix until it is well coated.

Spray the top of the bread with a small amount of olive oil and then place in the hot pan (olive oil side down) to cook 4-5 minutes until done. Before flipping, spray

Ingredients

- 150 grams Egg whites, I used Zeagold (5.5 oz)
- 28 grams Vanilla protein powder, I used Balance WPI (1 oz)
- 1 teaspoon Cinammon
- 2 Bread, Use GF/paleo toast
- 1 Olive oil spray

the bread with olive oil spray and then flip to cook.

Repeat with the other slice of bread.

With remaining egg white/protein powder, you can mix together and cook sort of like a sweet omelette to go alongside to get those protein gainz;-)

Enjoy - I have mine with 1/2 cup berries, coconut yoghurt and drizzle of sugar free maple syrup.