



FRENCH TOAST MUFFINS

Makes 12 muffins

**GREAT FOR
MEAL PREP**

INGREDIENTS

For the base:

- 10 oz. Brioche style bread, cut into cubes (284 g.)
- 2 whole eggs
- 150 g. egg whites
(about 5 whole eggs with the yolks removed)
- 1 c. ultra-filtered, fat free milk, such as Farilife (240 ml.)
- 1 Tbsp. vanilla extract (15 ml.)
- 3 Tbsps. zero calorie brown sugar substitute, such as Swerve brown (36 g.)
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 60 g. vanilla protein powder

For the topping:

- 4 Tbsps. zero calorie brown sugar substitute, such as Swerve brown (48 g.)
- 2 Tbsps. zero calorie granulated sugar substitute, such as Swerve granulated (24 g.)
- 2 Tbsps. cold butter, cut in cubes (28 g.)
- 1/2 Tbsp. cinnamon

DIRECTIONS

- 1** Preheat oven to 350°F(175°C). Spray a regular sized muffin pan with nonstick cooking spray. Set aside.
- 2 Make the muffins:** Add cubed bread evenly into the cups of the muffin tin. About 24 g. per cup. You may have to press bread down to fit it all in.
- 3** In a large blender combine eggs, egg whites, milk, vanilla, brown sugar substitute, cinnamon, salt and protein powder. Blend until fully combined.
- 4** Pour egg mixture evenly over the bread directly in the muffin tin. About 50 g. per cup. You may have to pour a little at a time to allow it to soak in. Press bread down so it is fully submerged and allow to soak for about 5 minutes.
- 5 Make the topping:** In a small bowl, combine brown sugar substitute, granulated sugar substitute, cinnamon and cold butter. Using a fork or pasty cutter, mix by pressing against the sides of the bowl until a crumbly mixture forms.
- 6** Sprinkle topping evenly over each muffin. About 9 g. per muffin.
- 7** Bake for 25-30 minutes or until golden brown and the centers are cooked through.

Notes:

- Store in an airtight container, refrigerated up to 5 days.
- Reheat for 30-60 seconds in the microwave
- Serve with optional toppings such as powdered sugar, syrup or fresh fruit. Not included in nutrition facts, log separately.

FACTS

Prep time: 20 min.

Cook time: 25 min.

Total time: 45 min.

MFP: "FFC French Toast Muffins"

1 serving: 1 muffin

127 Calories

10P | 4F | 13C