



Pumpkin Spice Stuffed French Toast



Entire recipe: 203 calories, 3g total fat (1g sat. fat), 561mg sodium, 26.5g carbs, 6.5g fiber, 6g sugars, 18g protein

Prep: 10 minutes **Cook:** 5 minutes

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Ingredients

French Toast

1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
1 tbsp. unsweetened vanilla almond milk
1 packet no-calorie sweetener
1/4 tsp. cinnamon
1/4 tsp. pumpkin pie spice
1/4 tsp. vanilla extract
Dash salt
2 slices light bread

Filling

2 1/2 tbsp. light/low-fat ricotta cheese
1 1/2 tbsp. canned pure pumpkin
Half a packet no-calorie sweetener (like Truvia)
1/8 tsp. cinnamon
1/8 tsp. vanilla extract
Dash pumpkin pie spice
1/2 tsp. powdered sugar
Lite pancake syrup (optional)

Directions

In a medium wide bowl, combine all French toast ingredients *except* bread. Whisk thoroughly.

In a small bowl, combine all filling ingredients *except* powdered sugar. Mix until smooth and uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Coat bread with egg mixture. Cook until golden brown, 1 – 2 minutes per side.

Plate French toast, and spread one slice with topping. Top with the other slice, and lightly press to seal. Sprinkle with powdered sugar.

MAKES 1 SERVING

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