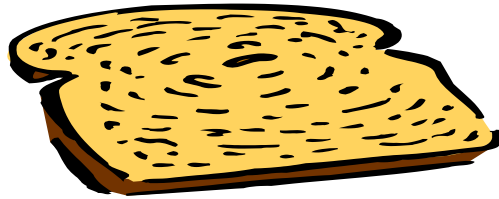


# Fake French Toast

2-tbsp part-skim ricotta cheese  
½ cup egg substitute  
1 teaspoon vanilla extract  
Dash of cinnamon & nutmeg  
1 packet Splenda



**FYI: Double the recipe to meet your protein needs for breakfast!!!**

## **DIRECTIONS:**

Mix ingredients in a bowl. Whisk ingredients until well blended. Pour into a heated skillet with a *little* oil or cooking spray and cook. Flip (make sure the first side is well done before flipping) and cook other side. Can serve with or without sugar-free syrup, a *tiny* amount of butter or margarine and seasonal fruits.

## **Nutrition Information: per serving**

Total calories: (w/out sugar-free syrup & *tiny* amount of butter or margarine) 100 calories

Total fat: 4 gms

Total protein: 9 gms