

# Fabulous French Toast



## **Yields:**

8 - 10 Pieces french toast  
(Make batter ahead, but not the toast)

## **Ingredients:**

1/2 cup Low Fat Cottage Cheese  
2/3 cup Egg Beaters®  
1 Whole Egg  
1/3 cup Low Fat Milk  
1/2 tsp. Vanilla Extract  
1/4 tsp. Almond Extract (optional)  
1/4 tsp. Ground Cinnamon  
2 level scoops Vanilla Protein Powder  
Olive Oil Cooking Spray  
Whole Grain Bread (Flourless ok)  
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Unsalted Butter  
LF Vanilla Greek Yogurt  
Toasted Walnut Pieces

## **Directions:**

**Step 1:** Place first 8 ingredients (thru protein powder) in a blender. Blend until smooth (1 - 2 min.) Cottage cheese should be totally creamy.

**Step 2:** Heat large skillet sprayed with olive oil over med-high heat. Make sure that the skillet is hot before adding bread slices.

**Step 3:** Pour batter into a shallow dish. Dip whatever number of pieces of french toast you're *going to eat*; flipping to totally submerge and cover each piece of bread. Immediately place on hot skillet. Toast about 2 - 3 minutes, or until

golden. Flip and toast about 2 more minutes. Remove from heat to your plate and enjoy. Store remaining batter, covered, in the refrigerator for up to 5 days. Whisk before each use.  
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**Toasting Nuts:** Place one layer of nuts on a baking sheet in a pre-heated oven to 275° for about 8 - 10 minutes or until crispy and slightly browned. This enhances the flavor of the nut. You can make more than you need and store in an air-tight container for up to 2 weeks.

## **2 unit portion**

1 slice French toast  
+ 1/2 tsp. butter + 1/3 cup yogurt  
+ 1 Tbsp. nuts

## **3 unit portion**

1 1/2 slice French toast  
+ 3/4 tsp. butter  
+ 1/3 cup yogurt  
+ 1 Tbsp. nuts

## **4 unit portion**

2 slices French toast  
+ 1 1/2 tsp. butter  
+ 1/2 cup yogurt  
+ 2 Tbsp. nuts

## **5 unit portion**

2 1/2 slices French toast  
+ 2 tsp. butter  
+ 1/2 cup yogurt  
+ 2 Tbsp. nuts