

## French Toast A La Kittie'



**Totals for one serving are (and this can vary depending on your bread choice):**

Calories 150-170    Fat 1g    Fiber 5-8    Carbs 50-45g

### *What you'll need:*

- |   |  |
|---|--|
| 1 Can butter flavored cooking spray                         | ¼ Cup your favorite sugar free jam or jelly for your syrup (blueberry is pictured) |
| 1 Egg white   |  |
| ¼ Cup egg substitute (or 3 total egg whites)                | <u>OR</u>  |
| 2 Slices whole wheat bread (50 calories or less each slice) | ¼ Cup Smuckers sugar free pancake syrup  |
|   | ¼ Cup Splenda for baking   |

Medium to large skillet

Spatula

### *Let's get to cooking!*

1. Spray skillet with cooking spray and place on stovetop on medium heat.
2. In a flat bottom bowl whip together your egg white and egg substitute.
3. Dip bread in egg mix until both sides are thoroughly coated. Place in hot skillet.
4. Repeat #3 with second piece of bread. Drizzle remaining egg mix on both slices.
5. Place jam or jelly in microwave safe cup and heat in microwave on full power for 30 seconds. The jam will liquefy and this is your syrup.
6. Once bread browns turn with spatula and brown the other side.
7. When both sides of bread are brown place on plate and generously sprinkle with Splenda.
8. Drizzle syrup on top to finish and serve hot.

Living one hour outside of New Orleans for years inspired this  
**Kitty's Lighter Weigh** recipe.