



BUNNY FRENCH TOAST

(MAKES 1 SERVING)

TOTAL TIME: 15 MIN.

PREP TIME: 10 MIN.

COOKING TIME: 5 MIN.



- 2** large eggs, lightly beaten
- 2 Tbsp.** unsweetened vanilla almond milk
- ¼ tsp.** pure almond extract
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- 2 tsp.** unsweetened coco powder (or powdered peanut butter) (optional)
- 1** whole-grain sandwich thin, split in half*
- Nonstick cooking spray
- ½ cup** pure almond extract
- 1 dash** ground cinnamon (optional)

- 1.** Combine eggs, almond milk, extracts, and cocoa powder (if desired) in a medium mixing bowl; whisk to blend. Set aside.
- 2.** Place sandwich thin halves in 8 x 8-inch shallow pan.
- 3.** Add egg mixture; soak for 1 to 2 minutes, turning once if needed. Set aside.
- 4.** Heat medium nonstick skillet, lightly coated with spray, over medium heat.
- 5.** Add sandwich thins; cook for 2 minutes on each side, or until lightly browned and cooked through.
- 6.** Serve French Toast topped with berries and cinnamon, if desired.



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*CHECKLIST FOR BUYING FFCs:

- Choose ones you won't overeat
- The serving size is easy to track
- It's 150 calories or less
- There's at least 1 g fiber for every 10 g total carbs (but the more fiber, the better!)
- Pick ones with the same, if not more, fiber grams than sugar grams
- Pick ones without any trans fats (i.e., partially hydrogenated oil)