



Big Banana-Berry French Toast



Entire recipe: 360 calories, 5.5g total fat (1g sat. fat), 595mg sodium, 59g carbs, 11g fiber, 23.5g sugars, 22.5g protein

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

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Ingredients

1 tbsp. low-sugar strawberry preserves
3/4 cup sliced strawberries
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
1/4 tsp. vanilla extract
1/8 tsp. cinnamon
2 tsp. light whipped butter or light buttery spread (like [Brummel & Brown](#))
3 slices light bread
1/2 small banana, thinly sliced
1 tsp. powdered sugar
1/4 cup Fat Free Reddi-wip

Directions

In a medium bowl, stir preserves until smooth. Add sliced strawberries, and stir to coat.

In a wide bowl, mix egg substitute, vanilla extract, and cinnamon.

Bring a large skillet sprayed with nonstick spray to medium-high heat.

Add butter and let it coat the bottom. Meanwhile, coat bread on all sides with egg mixture.

Cook egg-coated bread until golden brown, 1 - 2 minutes per side.

If you like, diagonally slice each piece in half. Plate French toast and top with strawberry mixture and sliced banana. Sprinkle with powdered sugar, top with Reddi-wip, and enjoy!

MAKES 1 SERVING

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