



## Pumpkin Spice Stuffed French Toast



Entire recipe: 203 calories, 3g total fat (1g sat. fat), 561mg sodium, 26.5g carbs, 6.5g fiber, 6g sugars, 18g protein

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

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### Ingredients

#### French Toast

1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute  
1 tbsp. unsweetened vanilla almond milk  
1 packet no-calorie sweetener  
1/4 tsp. cinnamon  
1/4 tsp. pumpkin pie spice  
1/4 tsp. vanilla extract  
Dash salt  
2 slices light bread

#### Filling

2 1/2 tbsp. light/low-fat ricotta cheese  
1 1/2 tbsp. canned pure pumpkin  
Half a packet no-calorie sweetener (like Truvia)  
1/8 tsp. cinnamon  
1/8 tsp. vanilla extract  
Dash pumpkin pie spice  
1/2 tsp. powdered sugar  
Lite pancake syrup (optional)

### Directions

In a medium wide bowl, combine all French toast ingredients *except* bread. Whisk thoroughly.

In a small bowl, combine all filling ingredients *except* powdered sugar. Mix until smooth and uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Coat bread with egg mixture. Cook until golden brown, 1 – 2 minutes per side.

Plate French toast, and spread one slice with topping. Top with the other slice, and lightly press to seal. Sprinkle with powdered sugar.

#### MAKES 1 SERVING

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