

# Recipe

from the kitchen of

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## LIGHT FRENCH TOAST

210 CALORIES PER SERVING

Makes 1 serving

For a complete breakfast, serve this with fresh fruit or juice and coffee or tea.

1 large egg  
¼ teaspoon vanilla extract  
Dash ground cinnamon (optional)  
2 slices thin-sliced bread  
2 teaspoon Weight Watchers® Reduced Calorie Margarine (tub)  
1 tablespoon Weight Watchers Syrup

In blender process together egg, extract, and if desired, cinnamon until frothy, about 30 seconds. Pour mixture into 8 x 8 x 2-inch pan or casserole. Dip one slice bread into mixture, turning to coat both sides; leaving bread in pan, repeat with second slice. Leave slices in pan to soak.

While bread is soaking, in 8-inch non-stick skillet, heat 1 teaspoon margarine until bubbly and hot; spread margarine over surface of skillet. Add bread and pour remaining egg mixture over slices; cook over medium-high heat until browned on both sides. Serve immediately with remaining teaspoon margarine and syrup.

Each serving of this recipe provides: 1 Protein Exchange; 1 Bread Exchange; 1 Fat Exchange; 20 Calories Optional Exchange.

serves

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*Sacramento*  
*Dieta*  
*Paprika*  
*Rasini*  
*Sorte*  
*Sage*