

English Muffin French Toast

POINTS® Value: 2

Servings: 1

Ingredients

- 1 Weight Watchers Fork split English muffin, Split in half
- 1/8 cup 1% low-fat milk
- 1/2 tsp vanilla extract
- 1/8 tsp ground cinnamon, to taste
- 1/8 cup fat-free egg substitute

Instructions

Combine egg substitute, milk, vanilla and cinnamon in a bowl. Heat pan over medium high heat and spray lightly with non stick spray. Dip each half of the English muffin in egg mixture and soak long enough to absorb.

Place in heated pan and cook until golden brown on both sides.

I top my with a few squirts of ICBINB spray and a sprinkle of sugar substitute.

You could use 1 Tablespoon of Sugar Free Jelly for 0 additional points.

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