

# High Protein French Toast



2 servings



25 minutes



## Ingredients

4 slices low carb / keto bread  
1 cup egg whites  
1 scoop vanilla protein powder  
cinnamon  
honey or maple syrup  
1/2 cup greek yogurt

## Method

For the French Toast:

1. In a bowl whisk together egg whites, half a scoop of protein powder, and cinnamon. Coat each piece of bread in wet mixture.
2. In a pan over medium heat, grill each piece of bread until golden brown

For the frosting:

1. Mix together Greek yogurt, 1/2 scoop of protein powder, and maple syrup until smooth and combined.