French Toast in a Mug

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- 1 serving
- 2 points Blue and Purple
- 6 points Green
 - 2 eggs
 - 2 Tbsp unsweetened almond milk (or milk of choice (add points if need be))
 - 1 tsp vanilla
 - 1 tsp cinnamon
 - 1 packet sweetener of choice
 - 2 slices reduced calorie bread (torn into bite size pieces)
 - 1. In a large microwave safe mug, beat eggs
 - 2. Add milk, vanilla, cinnamon and sweetener. Mix well.
 - 3. Add in bread. Stir well, making sure all bread gets coated and wet.
 - 4. Microwave for 1 minute and 45 seconds. Let sit for 1 minute. Top as desired with syrup, redi whip or fruit. Add points accordingly.
- ***For Chai Spiced :In addition to cinnamon, add 1/2 tsp ground cardamom, 1/4 tsp ground cloves and 1/4 tsp nutmeg
- **also delicious with some chopped berries added in before cooking!**