

# 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!\*\*