

# Pumpkin French Toast in a Mug

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Serves 1, 2 FSP per serving

- 2 slices 1 point per slice bread
- 2 eggs
- 2 Tbsp almond milk
- 1 tsp pumpkin pie spice
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1 tsp vanilla
- 3 Tbsp pure pumpkin puree
- 1 packet sweetener of your choice, optional

1. Spray a large microwave safe mug with non stick spray.
2. In the mug, beat eggs. Add milk, spices, pumpkin and sweetener. Mix well. Tear bread in to pieces, Fold into egg mixture.
3. Microwave on high 2 minutes. Let sit for 1 minute.
4. Top as desired (syrup, redi whip, etc) and add points accordingly