



PROTEIN FRENCH TOAST

High Protein / Low-Carb / Low-Sugar / Clean Eating

Recipe by Nina (@chasinstars82) and featured on MariGoldFoods.com

*“There is something about breakfast for dinner, especially when it’s this delicious and healthy as well.
This protein French toast will not disappoint even the pickiest eater.”*

- Nina

INGREDIENTS:

- 1 egg
- 1 egg white
- 1 tsp cinnamon
- 1 tbs brown monk fruit
- 1 tsp vanilla extract
- 2 scoops of MariGold Creamy Vanilla Whey Isolate Protein Powder
- Your favorite low-carb bread



DIRECTIONS:

1. Mix everything till no lumps remain
2. Dip 3 pieces of your favorite low-carb bread into the batter making sure to get it all over the bread
3. Cook on a greased griddle for a couple of minutes on both sides
4. Sprinkle with berries and sugar-free syrup.....enjoy!

Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldFoods.com)

