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Protein French Toast

Serving size: 3 slices
Recipe yields 1 serving

Ingredients

1 scoop MFIT SUPPS Iso Whey
1/2 cup egg whites
1 tsp cinnamon
3 slices whole-grain bread

Optional toppings: jam, maple syrup, banana, dark chocolate chips, peanut butter, chopped nuts, fresh fruit, whipped cream

Directions

1. Whisk the Iso Whey and egg whites in a large bowl. Add the cinnamon and continue mixing until combined.
2. Preheat a nonstick skillet on medium-high heat.
3. Once the skillet is hot, soak both sides of the bread in the mixture and place on the heated pan. Cook on each side until a crispy layer forms, about 1-2 minutes on each side.
4. Serve immediately with your preferred toppings.