Stuffed French Toast Recipe

**SERVINGS: 1**
**INGREDIENTS**
4 Slices reduced calorie bread (35kcal per slice)
½ cup fat-free ricotta cheese
2 packets sugar substitute
3 egg whites
Dash of Salt
¼ tsp pumpkin pie spice
Dash of Vanilla
Cooking spray

**DIRECTIONS**

1. Divide ricotta evenly between 2 slices of bread.
2. Sprinkle one packet of sugar substitute on each piece of bread.
3. Place remaining bread on top, making 2 sandwiches.
4. Beat egg whites. Add a dash of salt and ¼ tsp pumpkin pie spice and a dash of vanilla to egg whites and stir.
5. Dip sandwiches in egg whites and fry in non-stick skillet with small amount of cooking spray.
6. Brown on both sides.

**NUTRITIONAL ANALYSIS**
Calories: 227
Fat: .5 grams
Protein: 25 grams
Carbohydrate: 27 grams
Cholesterol: 20 mg
Sodium: 659 mg
Sugar: 8 grams