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