



High Protein French Toast

4 slices light bread

½ cup egg substitute

¼ cup milk, skim

1 scoop Any Whey Protein (or another unflavored protein powder)

Lay bread on counter for 20 minutes or longer. Stir Any Whey Protein into skim milk using a fork to mix evenly. Mix egg sub and protein mixture together with a wire whisk. Spray non-stick skillet with pan spray. Heat skillet to medium high. Dip bread in egg mixture and place in skillet. Cook until browned and then flip and cook the other side. Serve with sugar free syrup, peanut butter or fresh berries. Makes 4 servings.

Nutrition information per serving: 39 calories; 7 grams protein; 0 grams fat; 4 grams carbohydrate; 61 mg sodium; 53 mg calcium

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