

LEAN BODY®



Protein French Toast

HOW TO MAKE IT

1. Combine all of your ingredients together aside from your Bread in a bowl
2. Mix everything together until most of your clumps are gone
3. Take out a pan, turn your burner on Medium Heat, and add in some butter or non-stick cooking spray
4. Dunk each piece of your Bread in your mix and let it sit for a bit (both sides)
5. Place your Bread into your pan and let it cook for around 1-2 minutes a side

INGREDIENTS

- 2 Large Whole Eggs
- 2 Large Egg Whites
- 1/2 Teaspoon Vanilla Extract
- 1/2 Teaspoon Ground Cinnamon
- 1/2 Scoop Your Choice Protein Powder
- 1/2 Cup (4 Ounces) Your Choice Flavor **Lean Body** RTD
- 4-6 Slices Your Choice Bread

NUTRITION

Just The Mix

Makes: 1 Recipe
Calories: 494
Fat: 26g
Saturated Fat: 11g
Sodium: 502mg
Carbs: 15g
Fiber: 5g
Sugar: 3g
Protein: 50g

TIPS

Make sure your protein powder and RTD flavors compliment each other!

Top it with a sugar free syrup!

