

Strawberry Rhubarb French Toast

THM-Friendly: E

- 1 stalk rhubarb, diced
- 1/2 cup strawberries, sliced
- 1 Tbsp. [Super Sweet](#)
- 1/4 cup water
- pinch of mineral salt
- 1/2 cup egg whites
- 2 slices sprouted bread

Combine rhubarb, berries, sweetener, water, and salt.

Simmer until tender and most of the water is gone, leaving you with a compote.

Dip bread in egg whites and fry on each side until done in a little cooking spray.

Top with compote.

enJOY!

