

PB & J Stuffed French Toast

THM-Friendly: E

Make a batch of [Koach Kanada's Real Deal Peanut Butter](#).

In a low flat bowl, mix together:

- 1/4 cup egg whites (I use Egg Beaters)
- a few drops of liquid sweetener (I used monk fruit)
- dash of vanilla
- dash of cinnamon
- dash of nutmeg - optional



Use two pieces of sprouted or sourdough bread. (I used Angelic Bakehouse Sprouted Wheat.) Spread one piece of bread with the peanut butter. Spread the other piece with sugar-free jam or jelly. Dab a little bit of the egg mixture around the inside edges of the bread and then dip the outsides in the egg mixture. Place into a heated fry pan that has been sprayed with coconut oil. Brown the French Toast nicely on each side.

Turn onto a plate and top with berries, and sugar-free syrup (I use [RxSugar Maple Flavored Syrup](#).) Sprinkle with a powdered sweetener if you're fancy like that.

enJOY!

