

Savory French Toast

THM-Friendly: E

- 3/4 cup egg whites
- 1 Tbsp. Parmesan cheese
- 1 Tbsp. tomato paste
- heavy sprinkles of garlic powder, onion powder, salt and pepper (to taste)
- a sprinkle of Italian seasoning

Mix ingredients well in a flat bowl. In the egg mixture, dip both sides of:

- two slices of sprouted or sourdough bread

Place the bread in a heated, lightly sprayed pan. Cook at medium for about three minutes on each side, making sure the egg is cooked. Place the French toast on a plate and top each slice with some Laughing Cow cheese or a touch of goat cheese. Be sure to serve with some lean protein and large serving of nonstarchy vegetables.

enJOY!

