



CINNAMON FRENCH TOAST STIX	Basic Lifestyle
----------------------------	-----------------

**Ingredients**

- 2 slices "lite" bread (40-60 calories each), cut into strips
- 1/3 cup egg beaters
- Splenda
- cinnamon
- 1/4 TSP vanilla extract
- cooking spray

**Instructions**

1. Spray a skillet or pan with cooking spray.
2. Combine egg beaters with vanilla extract and some cinnamon.
3. Light the stove to start heating the pan.
4. Use the egg mixture as a wash, and dip your bread strips into it. Place into the pan and when both sides are brown, sprinkle Splenda and more cinnamon on top.

**Portion-Per-Serving Information (Serves 1):**

Serving = 1 G