

French toast

Ingredients

1 Tbsp. Splenda Sugar Blend for Baking

1/2 tsp. pure vanilla extract

2 cups nonfat milk

1 cup egg substitute

8 slices whole-grain bread

2 Tbsp. Smart Balance Light Spread



Preparation

1. Beat the Splenda, vanilla, milk, and egg substitute with a beater until well blended and smooth.
2. Soak the bread in the batter.
3. Heat the spread in a skillet, and carefully transfer the bread to the skillet.
4. Cook the bread over medium heat until browned, and then flip to cook the other side.

Makes: 4 servings

Nutrition Facts	
Serving Size 2 pieces (288g)	
Servings Per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 50
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	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 54g	18%
Dietary Fiber 14g	56%
Sugars 15g	
Protein 21g	
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Vitamin A 15%	• Vitamin C 2%
Calcium 25%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Baby Quiche

Ingredients

- Olive oil spray
- ½ cup chopped sweet onion
- 2 clove garlic
- 2 ounces (about 2 slices) nitrite free turkey bacon
- 6 large egg whites or egg substitute
- 1/3 cup fat free milk
- 2 teaspoons Dijon mustard
- 2 ounces (3/4 cup) finely shredded all-natural, low-fat Cheddar cheese
- 3 whole wheat wonton wrappers
- Ground pepper and salt to taste *(not included in nutrient analysis)*

Garnish (optional)

- Minced green onion

Preparation

1. Preheat the oven to 375F. Lightly coat the cups of a standard non-stick muffin tin with spray.
2. Lightly coat a small non-stick frying pan with olive oils spray and place over medium high heat. Add onion, garlic and bacon to cook for 4-6 minutes or until onions are translucent and bacon is firm. Remove pan from heat and set aside.
3. Combine egg whites, milk, mustard, salt and pepper in a mixing bowl. Combine while incorporating air for one minute and set aside.
4. Place one sheet of wonton skin and spray with cooking spray. Repeat this in each tin till all three wonton wrappers are used. Next, combine the cheese with the onion, bacon and garlic mixture in each tin. Place about a heaping teaspoon in each. Next pour the egg mixture into each cup till they are at least ¾ full.
5. Place a small pinch of shredded cheese on top of each quiche.
6. Back for 20-22 minutes, or until the insides are completely cooked (you can no longer coat a knife when it is inserted into the center of the quiche).
7. Finish cooking for 1-2 minutes on the top rack under the top heating element so that the cheese is golden.
8. Garnish with minced green onion tops.



Makes: About 4 servings

Nutrition Facts

Serving Size About 3 quiche (197g)
Servings Per Container 4

Amount Per Serving

Calories 180 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 740mg **31%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 20g

Vitamin A 6% • Vitamin C 6%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4