

RECIPE OF THE WEEK

French Toast

Ingredients

- 1 Ideal Protein Omelet Mix
- Pam spray
- 5 ounces of cold water
- 1/2 tsp Cinnamon
- 1 tsp vanilla extract
- 2 tsp maple syrup



Preparation

1. Preheat oven to medium
2. Mix all the ingredients, except maple syrup, in a bowl or shaker
3. Spread the Pam spray in a medium-size Pyrex
4. Pour the prepared mix in the Pyrex
5. Bake for 10 minutes
6. Serve with the Walden Farms Maple Syrup
7. Cut them into square shapes if you like and enjoy!

