

# PUMPKIN SPICE FRENCH TOAST

## Ingredients

- 1 loaf carbonaut bread cubed/ripped into pieces (about 520g) can use other low carb high fiber bread (Dave killer, little big bread)
- 500g egg whites
- 120g vanilla protein powder
  - (I used pescience vanilla)
- 3 whole eggs
- 300g cashew milk (1 and 1/4 cup)
- 225g pumpkin purée (3/4 cup)
- 60ml (1/4) sf maple syrup (I used Walden farms)
- 35g (1/3 cup) chopped pecans
- 1/2 cup brown sugar swerve zero cal sweetener
- 1 tbsp and 1 tsp pumpkin pie spice
- 2 and 1/4 tsp cinnamon
- 1/2 tsp baking powder
- 1.5 tsp vanilla extract



## Directions

preheat oven to 350

spray a casserole dish (8x10 minimum) with cooking spray and add cubed bread in a large bowl, mix together all dry ingredients (except pecans)

add in wet ingredients to bowl

pour over bread, top with chopped pecans

bake at 350 for 45-55 minutes. Top with additional sf maple syrup and sf powdered sugar before serving (optional).

## Nutrition Value

295 cal/serving: 33 protein, 20 carbs, 7 fiber, 12 fats -

Serving Size 230g (recipe makes 8 servings)

To track this recipe on My Fitness Pal search: YQL Pumpkin French Toast Bake