

French Toast Eggs-in-a-Hole

Recipe By *Victoria Dwek*



Cooking and Prep:  10
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Serves:  1

Contains:    

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Salt Free

Source: Kosher.com

Exclusive

One slice of toast? Eh, not so filling. A couple egg whites? Double eh, not filling at all. But ... put them together in a dish like this (and let cinnamon, vanilla, and sweetener help you out) ... now that's a great breakfast (and you can make the kid-friendly version at the same time!). And like breakfasts should, it takes just a couple minutes to prep and cook. Tailor it to your own needs by adding more toast or egg whites (it's ok if they spill around the toast and don't all fit in the hole).

[Watch Victoria share this and more secrets of skinny cooking here.](#)

Ingredients (6)

For French Toast

- 1 slice whole wheat bread
- 2 egg whites or 1/3 cup **Haddar Egg Whites**
- 1/8 teaspoon cinnamon

- 1/2 teaspoon Gefen Vanilla
 - 2 tablespoons low-fat milk
 - 2 packets Splenda or sweetener of choice
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Start Cooking

Prepare the French Toast

1. Using a small glass or cookie cutter, cut a circle out of the center of the bread.
2. In a shallow dish, whisk together egg whites, cinnamon, vanilla, milk, and sweetener. Dredge the bread slice and the cut-out circle in the mixture.
3. Coat a frying pan with nonstick cooking spray. Heat over medium-high heat. Add bread and circle.
4. Add remaining egg mixture to the center of the bread. Cook until bread is golden and egg is set on bottom; flip and cook on second side. Serve with a sprinkle of additional sweetener, if desired.