

# FRENCH TOAST CUPS

BY CHELSEA'S MESSY APRON

PREP TIME: 15 MIN COOK TIME: 25 MIN TOTAL TIME: 40 MIN SERVINGS: 12

## NOTES

Miniature french toast cups made with better-for-you ingredients!

milk to ensure you have 1 and 1/2 cups. Add to the eggs.

## INGREDIENTS

- 6 large eggs
- 1 (11 ounces) Premier Protein Vanilla Shake
- 2-3 tablespoons lowfat milk
- 1/3 cup coconut sugar (light brown sugar can be used)
- 2 teaspoons pure vanilla extract
- 1 tablespoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon fine sea salt salt
- 14-15 cups bread cubes
- Pure maple syrup, for serving
- Fresh fruit, for serving, optional

2. Add the coconut sugar, vanilla, cinnamon, nutmeg, and salt. Stir until combined and smooth. Cut the bread into 1/2 inch cubes and measure to get around 14-15 cups. Gently toss the cubes with the egg mixture and then cover and refrigerate for 15 minutes. Remove, toss again gently, and return to the fridge for another 15 minutes.

3. Generously grease a 12-cup muffin pan with cooking spray. Add the bread mixture evenly into each cavity pressing down on each one as needed to fit into the cavities. The mixture should be the perfect amount for the 12 cavities.

## DIRECTIONS

1. Preheat the oven to 350 degrees F. In a large bowl, whisk all the eggs together. Once mixed, measure the vanilla protein shake to get 1 and 1/2 cups liquid. The protein shake fills most of that amount, but top off the remaining amount of liquid with

4. Bake for 20-27 minutes, or until the tops are golden brown and slightly crispy. Remove and allow to cool for a few minutes. Gently coax (using a butter knife as needed) out of the muffin tin and onto plates. Serve with pure maple syrup and fresh fruit as desired.