



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Cinnamon French Toast

1g NET Carbs (Low Carb Keto)

This recipe taste as if there was bread inside each piece of Cinnamon French Toast. By far the best low carb keto breakfast recipe I have made so far.

Absolutely delicious!



NUTRITION

Yields 4 servings

Per Serving - 1g Net Carb 1g Total Carbs 0g Fiber 43g Fat 14g Protein 443 Calories

INGREDIENTS

8 eggs
½ cup of butter melted
4 ounces of melted cream cheese
2 tsp of baking powder

1 tbsp of vanilla extract
¼ cup of sweetener
½ tsp of cinnamon
Butter for frying

Instructions:

1. Had eggs to blender or food processor (or to a bowl and mix)
2. Add dry ingredients.
3. Mix until blended. It will be a liquid mixture.
4. Used bread pan. Spray sides and bottom of bread pan with oil or butter. This will help the parchment paper to stay in place. Add parchment paper and spray sides and bottom of parchment.
5. add liquid mixture. Add cinnamon to top of mixture
6. Bake on 350F for 30-45mins. (Watch video for visual of the recipe.)
7. once cool, remove from pan, remove parchment paper and slice loaf 1inch thick.
8. Add butter to Frying pan. Fry each piece until golden brown. You can sprinkle cinnamon to top of each piece while frying.
9. Add Low Carb Maple Syrup (link in description of video) Enjoy!