

Men's Fitness

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Healthy French Toast Recipe

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Healthy Breakfast Recipe: Fitter French Toast

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Tracy Saelinger



[French toast](#) is always tempting on a weekend morning, but it's almost guaranteed to make you feel like you've just eaten a loaf of [bread](#) for breakfast. In search of a better recipe, we went to chef Tim Wood, who is a pro at putting healthful spins on comfort foods at the [Lodge Restaurant](#) at Carmel Valley Ranch, a summer camp-inspired resort in the foothills of the Santa Lucia mountains in Carmel, CA.

To make this **Fit French Toast Recipe**, make sure to look for high-quality pumpernickel bread, made with actual whole-grain rye flour (a darker appearance is a good clue), which is loaded with **fiber** and even some protein. And instead of maple syrup, the chef serves his toast with honey—harvested from 60,000 honeybees right on the ranch.

Ingredients:

- 4 slices of pumpernickel bread
- 4 [egg whites](#) (or enough to coat the bread)
- ½ cup of buttermilk
- Low-fat cottage cheese, for spreading
- Honey, for topping
- Blueberries and strawberries, for topping

Instructions:

1. Whisk together egg whites and buttermilk.
2. Dip slice of bread in egg mixture and grill until egg whites get that golden-brown look. Repeat with remaining slices.
3. Transfer bread to plate and smear cottage cheese on top (take it out of the fridge 15 minutes or so before serving, so it doesn't make the bread cold).
4. Top with honey, [blueberries](#) and strawberries.

Serves: 2

Fit Factor: A few careful tweaks overhaul this meal's nutrition—whole-grain bread provides fiber, cottage cheese adds a little protein, and egg whites (instead of **eggs**) lower the fat and cholesterol counts.