



Ashley's Meal Prep Monday!



Air Fryer Protein French Toast Sticks

INGREDIENTS

6 TBSP liquid egg whites
1/2 cup unsweetened vanilla
oat milk (you can use other
milk options)
1 TSP vanilla
1 TSP cinnamon
1/4 TSP nutmeg
1/4 cup vanilla protein powder
6 slices GF bread (I used Rudi's
Homestyle Multigrain)
Extras: maple
syrup/fruit/whipcream



Preheat air fryer at 325 for 5 minutes.
Spray trivet tray with nonstick spray. Cut
up 6 slices of bread into thirds and set
aside.

Whisk together all ingredients in medium
mixing bowl. Drench each stick
generously in mixture. Place each slice
on tray and air fry at 325 for 7 minutes -
you may have to do this a couple of times.

Optional but recommended, coat each
stick in a little bit of a cinnamon/sugar
mix using a zero calorie sweetener like
Swerve. Enjoy with your
fav toppings or plain!

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