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Cinnamon Roll French Toast Bake

Ingredients

- 8 Hawaiian Sweet Rolls
- 1/2 cup Swerve brown sugar
- 1 Tbsp ground cinnamon
- 32oz container of egg whites (entire container)
- 3 whole eggs
- 1/4 milk (I used almond)
- 3 Tbsp syrup
- pinch of salt

(For Frosting)

- 1/4 cup powdered sugar
- 1 scoop levell protein (I used cinnamon cookie batter)
- 3 Tbsp milk

Macro Friendly Swaps

- Swap powdered sugar for Swerve or Monkfruit confections powder
- Swap syrup for sugar free syrup

Directions

- Preheat oven to 400* & spray 9x13 baking dish with nonstick spray
- Tear Hawaiian rolls into bite sized pieces and layer the bottom of the pan
- Mix sugar and cinnamon together in a bowl, and sprinkle evenly over rolls
- In different bowl, whisk 3 eggs, milk, and salt, Add egg whites and mix, then top rolls with egg mixture
- Top with syrup and bake for 30-45mins or until done
- mix icing ingredients together and pour over entire egg bake

Makes 8 slices

Macros per slice w/ frosting

- 202 calories 21P/ 36C/ 4F

Peppermint Bark

Latte

Step-by-step directions for the
PERFECT protein latte:

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1. Pour 8-12oz coffee (hot or iced)
2. Splash of Milk
3. 1 Scoop Peppermint Bark Protein (linked)
4. 1 Scoop Peppermint Mocha Collagen
(same link)
5. Froth/Blend
6. Enjoy!



Smooth, Creamy, Delicious
& 38g Protein!

No better way to start your day!