

# Keto Flourless French Toast Sticks

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♥ [lowcarblove.com/blog/keto-flourless-french-toast-sticks](https://lowcarblove.com/blog/keto-flourless-french-toast-sticks)

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Servings: 4

## Ingredients:

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- 8 eggs
- 1/2 cup of butter melted
- 4 ounces of melted cream cheese
- 2 tablespoons of baking powder
- 1 tablespoon of vanilla extract
- 1/4 cup of sweetener
- 1/4 teaspoon of cinnamon
- Butter for frying
- Choczero (discount code: lowcarblove) Maple Syrup

## Directions:

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1. Preheat oven to 350.
2. Melt butter and cream cheese.
3. In a food processor or juicer, add in eggs, vanilla extract, sweetener, baking powder, melted butter and cream cheese.
4. Mix well.
5. Pour in prepared loaf pan with parchment paper.
6. Baked for 20 to 25 minutes.
7. Allow to cool to touch and slice.
8. Heat skillet with butter and add cut pieces.
9. Fry on both sides.
10. Eat with syrup and or whipped cream.

**Nutrition:**

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Nutrition per serving:

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