

Berries and Cream French Toast

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Serves 8. Final Points will be determined by your specific ingredients. I use my homemade bread, so that is what I based the points on. Please put all your specific ingredients into the recipe builder.

Blue – 7

Purple – 7

Green – 9

- 1 loaf french bread, sliced into 8 slices
- 3 oz whipped cream cheese
- 3 Tbsp Sugar free preserves – any flavor you like
- 1 tsp brown sugar
- 3 eggs
- 1/2 cup 1% milk
- 1/2 tsp vanilla
- 1/4 tsp cinnamon
- optional: powdered sugar or syrup

1. Cut a pocket into each slice of bread by cutting from the top crust side, almost to the bottom crust. Be careful not to slice completely through bread.
2. In a small bowl, combine cream cheese, preserves and

brown sugar.

3. Spoon about one tablespoon of mixture into each pocket.
4. In another small bowl, beat eggs, milk, vanilla and cinnamon until well combined.
5. Dip stuffed bread slices in egg mixture, letting excess drip off.
6. Spray griddle or skillet with non stick spray.
7. Cook bread slices over medium heat until golden brown, turning once, about 2 minutes per side.
8. Lightly garnish each slice with powdered sugar or maple syrup.