Berries and Cream French Toast

Berries and Cream French Toast



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.