

Blueberry French Toast Bake

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Serves 6

Blue – 4

Purple – 4

Green – 8

- 12 slices 647 or other 1 point bread, cubed
- 1 cup blueberries
- 2 cups 1% milk
- 8 eggs
- 2 tsp vanilla extract
- 1 tsp cinnamon
- $\frac{1}{2}$ cup zero calorie sugar replacement such as Lakanto Monkfruit
- 2 Tbsp light butter

1. Spray a 9×13 baking dish with non stick spray. Sprinkle bread evenly over the bottom, sprinkle blueberries over bread.
2. In a large bowl, beat eggs. Add milk, sugar substitute, vanilla and cinnamon. Whisk until all ingredients are combined
3. Pour egg mixture over the bread. Dot with butter
4. Cover and refrigerate at least one hour. You can prepare this the night before and refrigerate overnight.
5. When ready to bake, preheat oven to 375. Bake for 35-40

minutes.