

Chai French Toast Casserole

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Serves 6

Blue – 4 points

Purple – 4 points

Green – 8 points

- 12 slices 1 point bread (647 Bread, Sara Lee 45 Calorie), cubed
- 2 cups 1% milk
- 8 eggs
- 1 1/2 Tbsp ground cardamom
- 1 Tbsp cinnamon
- 1 tsp ground cloves
- 2 tsp nutmeg
- 1/2 tsp salt
- 2 tsp vanilla extract
- 1/2 cup zero calorie sugar substitute that measures like sugar (Lakanto Monkfruit, Swerve)
- 2 Tbsp light butter

1. Spray a 9×13 baking dish with non stick spray. Sprinkle bread evenly over the bottom of the dish.
2. In a large bowl, beat eggs. Add milk, sugar substitute, vanilla, and spices. 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 all night.
5. When ready to bake, preheat oven to 375. Bake for 35-40 minutes.