

Cream Apple Pie French Toast

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You can lower the points by using low point bread, lower point cream cheese, nut milk and light butter.

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:634b73b53b00c55d6c05f025>

- 4 slices bread
- 1 egg
- 1/4 cup milk of choice
- 2 apples, peeled, sliced
- 1 tsp butter
- 1/2 tsp cinnamon
- 1-2 Tbsp zero calorie brown sugar
- 2 ounce light cream cheese, softened
- 1 Tbsp powdered sugar

1. Peel and slice apples.
2. Melt butter in a skillet, add apples, mix in cinnamon and brown sugar. Cook until softened. Keep warm
3. In a small bowl, mix cream cheese and powdered sugar until smooth
4. Beat egg and milk together. Dip bread in and fry in pan

(in other words, make 4 slices French toast!

5. To assemble: spread cream cheese mixture evenly over 4 pieces of French toast. Divide apple mixture evenly over cream cheese. Drizzle with syrup if desired (count points!)

6. To assemble, spread cream chees mix

Breakfast, Brunch

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