

# Custard Yogurt Toast

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A Tik Tok Viral Video!

Points will be decided on what kind of bread you choose to use!

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

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:62128112c61f882b95d3d768>

- 4 slices bread of your choice
  - $\frac{1}{2}$  cup greek yogurt
  - 1 large egg
  - 1 Tbsp Lakanto Monkfruit or or sugar substitute
  - $\frac{1}{4}$  teaspoon ground cinnamon
  - $\frac{1}{8}$  teaspoon ground nutmeg
  - $\frac{1}{2}$  cup blueberries
  - $\frac{1}{3}$  cup sliced strawberries
  - 1 tablespoon powdered sugar (for dusting (optional))
1. Preheat the Oven – Set the rack to the middle position and the temperature to 400°F (204°C).
  2. Prepare the Bread – Line a sheet pan with parchment paper. Place bread slices on the pan and use the back of a spoon to indent each slice's center.
  3. Make the Custard Filling – In a medium bowl, whisk together the Greek yogurt, egg, sugar, cinnamon, and nutmeg until smooth.

4. Fill the Bread – Add about 2 tablespoons of the custard into the center of each piece of bread. The filling amount will vary depending on the size of the slice.
5. Bake – Cook until the custard is set and slightly wiggly on top, about 12 to 14 minutes. The custard should reach 170 to 175°F