Pumpkin French Toast Bake

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Serves 6

Blue - 3 Points

Purple - 3 Points

Green - 6 Points

- 12 slices 1 point bread such as Sara Lee Delightful or
 647 Bread, cubed
- 2 cups milk of choice (I use Cashew Milk)
- 8 eggs
- 2/3 cup pure pumpkin puree
- 1 Tbsp pumpkin pie spice
- 2 tsp cinnamon
- 2 tsp vanilla
- 1/2 cup zero calorie brown sugar substitute (Swerve or Sukrin Gold)
- 4 Tbsp zero calorie granulated sugar substitute (I use Lakanto Monkfruit)
- 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, pumpkin, sugar substitutes, vanilla and spices. Whisk until all ingredients are combined

- 3. Pour egg mixture over 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 and bake for 35-40 minutes.
- 6. Recipe can be halved and baked in a 8×8 or 9×9 pan.