

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.