

Single Serve Baked French Toast

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Serves 1

Points will depend on the type of bread you use. If you use a low point bread, your points will be much less. I use my homemade bread that is 2 points per slice.

My Personal Points: If you are a USA WW Member, Click on this link to get your points: <https://cmx.weightwatchers.com/details/MEMBERRECIPE:61aa30819cbd4b18f56f4e02>

- 2 slices bread of choice (torn into pieces)
- 2 eggs
- 1/4 cup lowfat milk or milk of choice
- 1 Tbsp zero calorie sugar replacement – I use Lakanto Monkfruit
- 1 tsp vanilla extract
- ****spices of your choice**** To make a chai flavored (use cardamom, ginger, cloves and cinnamon. To make blueberry, add fresh blueberries and cinnamon. Use your imagination!)

1. Spray a mini loaf pan with non stick spray. Preheat oven to 350
2. Tear bread into bite size pieces and add to mini loaf

pan

3. In a bowl, beat eggs, milk, vanilla, sugar and seasonings of choice.
4. Pour egg mixture over bread. Mush it around so all the bread is soaked with the egg mixture.
5. Bake for about 25 minutes or until the egg mixture is set and cooked through.
6. Serve with syrup

Breakfast

French Toast