Stuffed French Toast with Blueberry Sauce

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Serves 1

Blue - 2 points

Purple - 2 points

Green - 4 points

Delicious, decadent and filling!

- 2 slices 1 point bread ((I use 647 bread))
- 1 egg
- 1/4 cup unsweetened almond milk
- 1/3 cup FF Greek
- 4 gm sugar free cheesecake pudding mix
- 1 cup blueberries
- 1 Tbsp Swerve (or sweetener of your choice)
- 1 Tbsp water
- 1/2 tsp cornstarch
- 1 tsp lemon zest (optional)
- 1 tsp fresh lemon juice (optional)
- 1. First, make blueberry sauce by placing water, sweetener and cornstarch in a small saucepan. Stir/whisk until combined. Add blueberries and mash them a bit with a potato masher. Cook over medium heat, stirring

- frequently until the mixture boils. Turn heat down and let cook about 5 minutes until thick. Add zest and juice. Set aside
- 2. Beat egg in a bowl with milk. Dip bread in, coating both sides of each piece well. Bread should be pretty wet. Cook in a skillet sprayed with cooking spray over medium heat until golden brown on both sides.
- 3. While French toast is cooking, mix yogurt and pudding mix together.
- 4. When toast is done, top one piece with yogurt mixture and 1/2 of the blueberry sauce. Top with other piece of bread. Pour remaining blueberry sauce over top. Squirt with a dollop of fat free redi whip.