

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.