

# Very Berry French Toast Casserole



Serves 6

Blue – 4 points

Purple – 4 points

Green – 8 points

## Compote Ingredients

- 3 cups assorted berries of your choice (if using strawberries or large raspberries or blackberries, cut into smaller pieces)
- 3 Tbsp zero calorie sweetener of choice (or 3 packets)
- 2 Tbsp cornstarch
- 2 Tbsp water
- 2 tsp lemon zest, optional
- 2 tsp fresh lemon juice, optional

## French Toast

- 12 slices 1 point bread (647 Bread, Sara Lee 45 Calorie, cubed)
- 2 cups 1% milk
- 8 eggs
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 1/2 tsp salt
- 2 tsp vanilla extract
- 1/2 cup zero calorie sugar substitute that measures like sugar (Lakanto Monkfruit, Swerve)

- 2 Tbsp light butter

## Compote

1. Place water, sweetener and cornstarch in a medium saucepan. Stir with whisk until combined. Add berries and mash them a bit with a potato masher to release juice and make them a chunky "jam like" consistency.
2. Cook over medium heat, stirring constantly until mixture comes to a boil. Turn heat down and let cook about 5 minutes or until thick. Add lemon zest and juice. Stir. Set aside to cool.

## French Toast

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, sugar substitute, vanilla, and spices. Whisk until all ingredients are combined.
3. Pour egg mixture over the bread. Dot with butter.
4. Cover and refrigerate 1/2 hour.
5. After a 1/2 hour, take cooled compote and pour evenly on top – you may not need the entire amount – start at one end and judge as you pour. Once you have all the compote on, take a spoon and swirl/fold it gently into the bread mixture. You don't want it sitting on top, but don't want it at the bottom either. Let chill another 1/2 hour or at this point you can cover and refrigerate overnight.
6. When ready to bake, preheat oven to 375. Bake for 35-40 minutes.