

Blueberry French Toast Bake

9 SERVINGS 45 MINUTES



INGREDIENTS

12 slices Whole Grain Bread, Low Calorie
1 lb Fat Free Cream Cheese
4 cups Blueberries (fresh or frozen)
2 1/4 cups Egg Whites (Or Egg Substitute)
1/3 cup Maple Syrup
2 cups Skim Milk
1 cup Water
2 tbsps Cornstarch
1/2 cup Splenda (or a Stevia baking blend sweetner)
1 tbsp Unsweetened Applesauce
1/2 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	225	Fiber	6g
Fat	1g	Sugar	23g
Saturated	0g	Protein	19g
Trans	0g	Cholesterol	1mg
Carbs	42g	Sodium	599mg

DIRECTIONS

- 01 Cube bread and set aside. Spray bottom of 13 x 9 inch glass dish with cooking spray and place 1/2 bread cubes in the bottom of the pan.
- 02 Cube cream cheese and put of top of first layer of bread.
- 03 Spread 1/2 cups blueberries on top of first layer of bread
- 04 Place remaining bread on top of the blueberries.
- 05 Sprinkle another 1/2 cups blueberries on top of last bread layer.
- 06 Beat egg substitute, maple syrup, and milk together. Pour over bread and cream cheese.
- 07 Place plastic wrap over dish and refrigerate overnight.
- 08 Bake french toast covered with foil, in the middle of pre-heated 350 degree oven for 30 minutes. Uncover and bake 30 minutes more or until puffed and golden brown.
- 09 When finished baking, let cool 10 minutes before slicing and plating.
- 10 While french toast is baking, prepare the blueberry sauce. Combine water, cornstarch, and Splenda with 1 cup blueberries in a small sauce pan over medium heat until it thickens.
- 11 Add remaining blueberries, applesauce, and cinnamon. Pour sauce over individual portions.