

Baked Blueberry-Peach French Toast

POINTS® Value: 4

Servings: 8

Preparation Time: 12 min

Cooking Time: 30 min

Level of Difficulty: Easy

This baked, stuffed-French toast is filled with sweet blueberries and peaches and then topped with a cinnamon-sweet milk mixture. Great for a holiday brunch.

Ingredients

16 slices light whole wheat bread

1 cup blueberries, fresh, or frozen blueberries (thawed if frozen)

1 large peach(es), chopped or 1 cup frozen peach slices (thawed if frozen)

2 1/2 cup fat-free skim milk

2 cup fat-free egg substitute

2 Tbsp sugar, granulated

1 tsp ground cinnamon

1 tsp vanilla extract

1 Tbsp powdered sugar

Instructions

Preheat oven to 400°F.

Arrange 8 slices of bread in bottom of a 9 X 13-inch baking dish, squishing slices together to make one layer; sprinkle blueberries and peaches over top.

In a medium bowl, whisk together milk, egg substitute, granulated sugar, cinnamon and vanilla extract. Pour half of milk mixture over fruit; top with remaining 8 slices of bread. Pour remaining milk mixture over bread; using a spatula, press top layer of bread slices down to saturate with milk mixture.

Cover dish with aluminum foil and bake 20 minutes; uncover dish and bake until egg mixture is set and top is golden brown, about 10 minutes more. Cool slightly before sifting powdered sugar over top. Slice into 8 pieces and serve. Yields 1 slice per serving.

Notes:

You can prepare this recipe in advance, cover it with plastic wrap and refrigerate it up to 24 hours. When you're ready to cook it, replace the plastic wrap with aluminum foil and bake as directed in instruction #4

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