

Stuffed French Toast

Recipe Type: Breakfast, Brunch

Degree of Difficulty: Easy

Ingredients

4 each Eggs
8 Tbsp Red Raspberry Preserves, Sugar Free
8 each Whole Wheat Bread
 $\frac{1}{8}$ cup Skim Milk
1 $\frac{1}{2}$ tsp Cinnamon
4 oz cream cheese (light or fat-free)
Cooking Spray



Directions

- 1 Lightly cover flat non-stick pan with cooking spray.
- 2 Preheat pan over medium heat.
- 3 On 4 slices of bread, spread 1 oz cream cheese.
- 4 Spread 2 tablespoons of sugar free raspberry preserve on top of the cream cheese.
- 5 Place other 4 slices of bread on top (to make a sandwich).
- 6 Beat eggs, milk and cinnamon together with a whisk in medium sized bowl.
- 7 Dip each sandwich in the egg mixture on both sides.
- 8 Place on the pan and cook until golden brown on that side.
- 9 Flip the stuffed French Toast and cook the other side until golden brown.
- 10 Remove and serve.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 269 calories, 7.4g total fat, 2.2g saturated fat, 189.6mg cholesterol, 537.7mg sodium, 36.8g carbohydrates, 4.3g fiber, 5.3g sugar, 18.3g protein.

Servings: 4

Yield: 4 each

Weight Watchers Points

Note: The eggs are not included in the Freestyle SmartPoints calculation.

Orig. WW Pts: 5

Points Plus: 7

Smart Points: 8

FreeStyle Smart Points: 6

Tips

If you want, you can butter these and spread a bit more preserve on top or lightly cover with maple syrup.