



Blueberry Stuffed French Toast

Prep: 15 minutes

Cook: 6 minutes • Serves: 4

- 6 ounces cream cheese, softened
- 2 tablespoons toasted chopped pecans
- 1½ tablespoons light brown sugar
- ½ teaspoon fresh lemon juice
- ¼ teaspoon lemon zest
- 5 large eggs
- ¾ cup low fat milk
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground ginger
- 8 slices whole wheat or French bread
- ½ cup fresh blueberries
- Nonstick cooking spray
- ¾ cup maple syrup

1. In small bowl, stir together cheese, nuts, brown sugar, lemon juice and zest. In shallow bowl, whisk together eggs, milk, vanilla extract, cinnamon and ginger.

2. Spread 1 side of 4 slices of bread evenly with cheese mixture; sprinkle blueberries in single layer over cheese mixture. Lightly press remaining bread slices over blueberries to close.

3. Spray large skillet or flat top griddle with nonstick cooking spray. Preheat skillet over medium heat 2 minutes. Briefly soak both sides of bread sandwiches in egg mixture, then place in skillet. Cook 6 to 7 minutes or until golden brown, flipping once with large spatula.

4. To serve, cut French toast in half and drizzle with syrup.

*Approximate nutritional values per serving:
603 Calories, 23g Fat (11g Saturated), 281mg Cholesterol,
516mg Sodium, 76g Carbohydrates, 5g Fiber, 20g Protein*