

Low-Point French Toast with Fresh Berry Sauce

Ingredients:

- 3 eggs
- 1/4 cup 1% milk
- 1 tsp. vanilla
- 1/2 tsp. cinnamon
- 6 slices of bread (I used Smart White which has 50 calories, .5 fat grams, and 2.5 grams of fiber for 1 slice)
- Pam cooking spray with butter
- 1 cup fresh raspberries
- 1 cup fresh blackberries
- 1 Tbs Honey
- 1 Tbs Splenda granulated sugar substitute
- 1/2 Tbs lemon juice
- 1 tsp. corn starch

Heat oven to 350 degrees. In a medium shallow bowl, whisk together eggs, milk, vanilla, and cinnamon. Spray a large skillet over medium-high heat sprayed with Pam cooking spray with butter. Dip bread into egg mixture and coat on both sides, letting excess drip off. Place in skillet and cook until bread is golden on both sides. Transfer toast to a baking sheet and place in oven for 5 minutes. Meanwhile place berries in a small to medium saucepan and heat over medium heat. Add honey, Splenda, and lemon juice. Cook until berries start to break up and add corn starch to thicken slightly. Serve berry sauce with french toast and enjoy!

Total servings - 6

Serving size - 1

Points per serving - 2.6

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"The journey is filled with ups and downs. Don't confuse the two as ever being everlasting. Get up everyday and apply yourself, be authentic, trust your instincts and know that the more you apply yourself the better you get day by day. The day you are waiting for is the day you want to give up, that is when you MUST keep going. That's the barrier between normal and greatness." - Jackson Kiddard