



#### INGREDIENTS

- 1 cup almond milk
- 4 eggs, beaten
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp stevia
- ½ cup cream cheese, beaten
- 3 tbsp berry preserves (unsweetened)
- 8 slices of whole-grain bread
- 1 cup sliced almonds
- 2 tbsp butter
- ½ cup fresh strawberries, quartered
- ½ cup fresh blueberries
- mint sprigs (optional)



**Franklin Becker**  
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food.

## BERRY SHORTCAKE STUFFED FRENCH TOAST

#### METHOD:

Preheat the oven to 450°F. Coat a baking sheet with cooking spray.

1. Mix together the almond milk, eggs, cinnamon, vanilla extract, and stevia and set aside. This will be the soaking mixture.
2. Mix the cream cheese and berry preserves in a bowl. This will be the bread stuffing mixture.
3. Soak the bread for 1-2 minutes in the soaking mixture.
4. Take 1 tablespoon of the stuffing and place it in between 2 slices of bread. Dip the bread in the almonds on one side to coat.
5. Heat a griddle or large sauté pan on medium-high heat for 2 minutes. Add the butter and then the French toast on the griddle almond side down. Brown for 2 minutes and turn over. Cook for another 2 minutes and remove from the pan. Cut in half and garnish with fresh berries and mint sprigs.

**Yield:** 4 servings. **Per Serving:** 220 calories, 16g fat, 6g protein, 11g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at [MyType2Transformation.com](http://MyType2Transformation.com).

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