

# SLOW-COOKED BLUEBERRY FRENCH TOAST

## Ingredients

|  |   |
|--|---|
| 8 large eggs                           | <u>Blueberry syrup:</u>                         |
| 1/2 cup plain yogurt                   | 1 cup sugar                                     |
| 1/3 cup sour cream                     | 2 Tbsp cornstarch                               |
| 1 tsp vanilla extract                  | 1 cup cold water                                |
| 1/2 tsp ground cinnamon                | 3/4 cup fresh or frozen<br>blueberries, divided |
| 1 cup milk                             | 1 Tbsp butter                                   |
| 1/3 cup maple syrup                    | 1 Tbsp lemon juice                              |
| 1 loaf (1 lb) French bread, cubed      |   |
| 1 1/2 cups fresh or frozen blueberries |   |
| 12 ounces cream cheese, cubed          |   |

## Directions

1. In a large bowl, whisk eggs, yogurt, sour cream, vanilla, and cinnamon. Gradually whisk in milk and maple syrup until blended.
2. Place half of the bread in a greased 5- or 6-quart slow cooker; layer with half the blueberries, cream cheese, and egg mixture. Repeat layers. Refrigerate, covered, overnight.
3. Remove from refrigerator 30 minutes before cooking. Cook, covered, on low 3-4 hours or until a knife inserted in the center comes out clean.
4. For syrup: In a small saucepan, mix sugar and cornstarch; stir in water until smooth. Stir in 1/4 cup blueberries. Bring to a boil; cook and stir until berries pop, about 3 minutes. Remove from heat; stir in butter, lemon juice and remaining berries.
5. Serve warm, with French toast.