

# Slow Cooker Blueberry French Toast

## Ingredients

- 1/2 loaf whole wheat bread
- 1 1/2 cups frozen blueberry
- 6 eggs
- 1 tablespoon maple syrup
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- 1 lemon, zested
- 2 cups milk, or milk alternative

## Nutrition Facts

Servings: 6

Amount per serving

**Calories** **245**

% Daily Value\*

**Total Fat** 7.3g **9%**

Saturated Fat 1.9g **9%**

**Cholesterol** 164mg **55%**

**Sodium** 341mg **15%**

**Total Carbohydrate** 31.1g **11%**

Dietary Fiber 5.2g **19%**

Total Sugars 9g

**Protein** 14.5g

Optional: fresh blueberries, maple syrup, or powdered sugar

## Instructions:

1. Slice bread into quarters and layer on bottom of a greased slow cooker.
2. Top with blueberries.
3. In a large bowl or measuring cup, whisk together eggs, maple syrup, vanilla extract, cinnamon, lemon zest, and milk.
4. Pour mixture over bread and stir.
5. Cook on low 7-8 hours.
6. Carefully remove lid and serve with optional fresh blueberries, maple syrup, or powdered sugar.
7. Enjoy!

# Blueberry

## Nutritional value:

1 cup contains 80 calories and 3 g of dietary fiber. Blueberries are also good sources of vitamin C and minerals like manganese.

## Disease-fighting factor:

The flavonoids in blueberries are associated with better memory and healthy brain function.

Blueberries are good sources of antioxidants which protect cells from the free radical damage that causes degenerative diseases like Alzheimer's.

Manganese in blueberries helps in maintaining a healthy body weight.



## Did you know that?

Fresh blueberries can be frozen for up to one year.

# Blueberries for Heart Health

**B**lueberries are loaded with ellagic acid that helps prevent cancer. They are also excellent sources of carotene, potassium, zinc, vitamin C, magnesium, fiber and calcium. Regular consumption of blueberries can also lead to:

- lowered levels of bad cholesterol
- reduced risk for plaque buildup
- lowered blood pressure

