

BLUEBERRY PROTEIN BREAKFAST BAKE



SERVES

12



METHOD

BAKE



MINUTES

45



INGREDIENTS

- 1 Pillsbury Crescent Dough Sheet
- 1.5 cups fresh blueberries
- 8 oz Non Fat Cream Cheese, softened
- 16 tsp (½ cup + 2 tbl + 2 tsp) Truvia sweetener
- 2 egg whites
- 2 whole eggs
- 1.5 cups non fat plain greek yogurt
- 1 scoop Blueberry Muffin Level-1 Protein
- 3 tsp vanilla extract
- Truvia confectioners sugar and cinnamon for sprinkling

DIRECTIONS

- Lightly spray a 9 x 13 baking dish with non-stick spray.
- Chop dough into bite size pieces and evenly spread across the bottom of the dish. Sprinkle all blueberries evenly over dough pieces
- In a blender or food processor, add the remaining ingredients (minus the confectioners and cinnamon) and blend until smooth and creamy. It will be the consistency of cream.
- Evenly pour the yogurt blend over the blueberries and dough. Let sit for 20 -30 minutes to let it soak in.
- Preheat the oven to 350 degrees and bake for about 45 minutes. The top will start to crack and slightly brown when it is done.
- Remove to the counter to allow it to cool before slicing into 12 even squares. Sprinkle with cinnamon and confectioners and enjoy!

MACROS

CALORIES

142

PROTEIN

10G

CARBS

21G

FATS

3G