



Lighter Mardi Gras King Cake Breakfast Bake

1 package of whole grain refrigerated biscuit dough (or lower-sugar cinnamon roll dough)

3 pastured eggs

¾ cup organic milk, almond or alternative

1 teaspoon vanilla extract

1 teaspoon cinnamon

¼ cup light or dairy-free cream cheese (softened)

2 tablespoons raw unfiltered honey

2 tablespoons chopped pecans

Mardi Gras-colored fruit topping:

Purple – blackberries

Green – Kiwi

Gold – pineapple

Cut biscuit dough into small chunks and spread in a greased 8x8 baking dish. In a bowl, whisk eggs, milk, vanilla and cinnamon. Pour over the dough pieces. In a small bowl, blend cream cheese with honey until smooth. Spoon small dollops across the top. Sprinkle pecans if using. Bake in preheated 350-degree oven for 20 to 25 minutes or until golden and set. Let cool slightly, then decorate with Mardi Gras themed fruits.

