



French Toast Casserole

This recipe can be prepped before going to bed and then cooked the next morning. It also yields great leftovers!

U.S.

For the French Toast:

2 large	Eggs
2 1/2 cups	Almond Milk, unsweetened
1/4 cup	Honey
1 1/2 tsp	Vanilla Extract
1/2 tsp	Cinnamon, ground
8 slices	Whole Wheat Bread

Metric

2 large
595 mL
84 g
7.5 mL
0.6 g
8 slices

For the Filling:

3 each	Bananas, overripe, mashed	3 each
1 tsp	Lemon Juice	5 mL
1/3 cup	Pecans, toasted, chopped	37 g
2 tsp	Cinnamon, ground	3 g
1/4 tsp	Allspice, ground	0.3 g
1/4 tsp	Ginger, ground	0.5 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. In a large bowl whisk together the whole eggs, almond milk, honey, vanilla extract and cinnamon until fully incorporated. Place the bread into the egg mixture and allow to sit for 10 minutes.
4. Meanwhile, in a separate bowl combine the filling ingredients and mix until all ingredients are incorporated.
5. Spray a 1/2 hotel pan with cooking spray. Layer the bottom of the hotel pan with the bread and spread the banana filling evenly on top. Finish with an additional layer of bread and pour any remaining egg wash over the top.
6. Place the casserole into the preheated oven. Cook for 30-45 minutes or until the bread has soaked up all of the liquid and is golden brown.
7. Remove from the oven, slice and serve!

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size****1 slice****Servings****8****Calories**

210

Calories from Fat

60

Total Fat

6 g

Saturated Fat

1 g

Trans Fat

0 g

Monounsaturated Fat

3 g

Cholesterol

45 mg

Sodium

200 mg

Carbohydrates

34 g

Dietary Fiber

4 g

Sugars

18 g

Protein

7 g

Vitamin A

2 %

Calcium

4 %

Vitamin C

8 %

Iron

8 %

Phosphorus

106 mg