

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, stale

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. If your bread is not stale, you can dry it out in the oven while you prepare the other components of this recipe. This will take 10-20 minutes depending on how fresh your bread is. The bread must be completely dried out or the French toast will be very soggy.
4. In a large bowl whisk together the whole eggs, almond milk, honey, vanilla extract, and cinnamon until fully incorporated.
5. Meanwhile, in a separate bowl combine the filling ingredients and mix until all ingredients are incorporated.
6. Spray a baking pan with cooking spray. Dip four of the slices of bread into the egg mixture, allowing them to absorb as much liquid as possible and then layer on the bottom of the baking pan.
7. Spread the filling mixture evenly over the bread. Dip the remaining four slices of bread into the egg mixture and layer on top of the filling.
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.
8. Remove from the oven, slice and serve!

Nutrition Facts

8 Servings

Serving size **1/8 of pan**

Amount per serving

Calories **200**

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

Total Carbohydrate 32 g

 Dietary Fiber 4 g

 Total Sugars 16 g

 Includes 9g Added Sugars

Protein 6 g

Vitamin D 0 %

Calcium 20 %

Iron 8 %

Potassium 285 mg

Phosphorus 110 mg
