



French Toast Casserole



prep time
10 minutes



total time
40-45 min



servings
6

Ingredients

- 10 oz/300 grams brioche bread*, cut into 1" cubes ~ 6.5 carb servings
- 1/2 cup maple syrup ~ 8 carb servings
- 6 eggs ~ 6 protein and 2 fat servings
- 2 cups almond milk ~ 2/3 fat serving
- 2 teaspoons vanilla extract
- 2 teaspoons cinnamon
- 1 cup mixed berries ~ 1 carb serving

Instructions

- 1 Preheat oven to 425 degrees.
- 2 Spray a 13x9 inch casserole dish with cooking spray and set aside.
- 3 Add bread cubes to the prepared casserole dish.
- 4 In a medium sized bowl, whisk together the eggs, milk, maple syrup, vanilla, and cinnamon.
- 5 Pour egg mixture over the top of bread cubes, ensuring that all pieces of bread are saturated.
- 6 Cover with aluminum foil and bake in preheated oven for 30-35 minutes until the top is golden brown. Remove from oven and add berries.



Whole Recipe Breakdown:

6 Servings Protein
15 1/2 Servings Carb
2 2/3 Servings Fat
0 Servings Veggies

*You can use any kind of stale bread you'd like. The best bread to use is brioche or challah bread. French toast soaks up the egg mixture for a creamy texture on the inside and a slightly crunchy texture on the outside. Thick slices of brioche bread are perfect because it's sturdy enough not to fall apart during cooking.