

Raspberry French Toast Bake

Breakfast/Brunch April - 2014



Make ahead made easy! Prepare this wholesome French toast tonight; refrigerate and bake tomorrow morning for a delicious source of iron.

Prep Time: 20 Min

Start to Finish: 1 Hr. 5 Min

Makes: 12 servings (1 piece each)

INGREDIENTS

French Toast

1 loaf (1 lb.) soft French bread (about 18 inches long)

4 oz. (half 8-oz package) 1/3-less-fat cream cheese (Neufchâtel), softened

1/2 cup raspberry preserves

1 cup fat-free egg product or egg equivalent

1 cup fat-free (skim) milk

1 tablespoon sugar

1/4 teaspoon salt

Sauce

1 bag (10 oz.) frozen organic raspberries, thawed

1/4 cup sugar

2 teaspoons cornstarch

DIRECTIONS

1. Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray. Cut bread into 24 (3/4-inch-thick) slices. Spread 12 slices with cream cheese. Spread remaining bread slices with preserves; place over cream cheese to make 12 sandwiches. Arrange in baking dish, pressing together if necessary to fit.
2. In medium bowl, beat egg product, milk, 1 tablespoon sugar and the salt with wire whisk until blended. Pour over bread in dish. Let stand 15 minutes or until liquid is absorbed.
3. Heat oven to 400°F. Cover dish with foil; bake 10 minutes. Uncover; bake 15 to 20 minutes longer or until golden brown.
4. Meanwhile, in 2-quart saucepan, mix sauce ingredients until blended. Heat to boiling over medium heat, stirring frequently. Boil 30 seconds to 1 minute or just until thickened. Place strainer over medium bowl; pour raspberry mixture into strainer. Press mixture with back of spoon through strainer to remove seeds; discard seeds. Serve sauce over French toast.

Recipe Provides: Dairy 1/2c, Grains 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	220	Calories from Fat:	35
Total Fat:	4 g	Saturated Fat:	2 g	Trans fat :	0 g
Cholesterol:	10 mg	Sodium:	360 mg	Total Carbohydrate:	37 g
Dietary Fiber:	3 g	Sugars:	14 g	Protein:	8 g

This recipe is adapted from WWW.eatbetterearly.com