



Blueberry Almond French Toast Bake

Recipe Source: Ellie Krieger, The Food Network

Ingredients:

- 1 whole wheat baguette (about 18-inches long), cut into 1-inch cubes
- 8 large eggs
- 2 cups low-fat milk
- 1 tsp vanilla extract
- ½ tsp cinnamon
- ¼ cup pure maple syrup
- 2 cups fresh blueberries
- ¼ cup sliced or chopped almonds

Steps:

- Spray a 9x13 inch baking pan with cooking spray. Arrange the bread in a single layer in the baking pan.
- In a large mixing bowl, whisk together the eggs, milk, vanilla, cinnamon, and maple syrup. Carefully pour the egg mixture evenly over the bread in the pan. Press down lightly to make sure all bread is saturated.
- Scatter the blueberries and almonds evenly on top. Cover with aluminum foil and refrigerate overnight.
- In the morning, preheat the oven to 350°F. With the foil still on, bake the French toast about 30 minutes, then uncover and bake about 10 more minutes until golden brown and no liquid is seen on top.
- Serve warm, cold, or room temperature.

Tips from the Test Kitchen: This is also delicious without baking the blueberries on top. Instead, just serve them alongside the French toast as a topping. Chopped apples are also a great addition. If you like a more dense texture, use an 8 ½ x 11 baking dish instead.