



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CHRISTMAS MORNING BAKED FRENCH TOAST

Recipe courtesy of Andrea Dillaway-Huber, PhD, RD, LDN

Makes 9 to 12 servings, depending on portion size

Ingredients

1 3/4 cup brown sugar
1/2 cup margarine
3 to 4 T maple syrup
1/4 to 1/2 cup raisins, Craisins, or currants (or mixture of all three)
1 loaf whole-wheat bread (or any whole grain bread)
10 egg whites, beaten
1 3/4 cup skim milk
2 T vanilla
Ground cinnamon

Directions

Mix and melt brown sugar, margarine, and maple syrup. Pour mixture into 9- X 13-inch glass casserole dish.

Spread fruit evenly over syrup mixture. Place bread slices over mixture, squishing slices together to fit the entire loaf into the dish.

Mix egg whites, milk, and vanilla. Pour over bread. Sprinkle with cinnamon, cover, and put in refrigerator overnight.

The next morning, preheat oven and bake at 350°F for 30 minutes. Serve with warm maple syrup, if desired.

Nutrient Analysis(based on 12 servings):Calories: 329; Total fat: 9 g; Sat fat: 1.6 g; Cholesterol: 0.6 mg; Sodium: 325 mg; Carbohydrate: 22 g; Fiber: 2.5 g; Protein: 8.2 g