

Blueberry Pecan French Toast Casserole



Total:

12 servings

Utensil:

4.5 Qt. Mini Braiser Pan with Cover (Limited Edition)

6.5 Qt. Double Walled Bowl

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Recipe:

Contributed By:

Saladmaster Healthy & Nutritious Cookbook

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10 cups
cubed French bread, about 1 large loaf
1 ½ cup
egg substitute, or 6 eggs
½ cup
sugar
½ teaspoon
nutmeg
¾ teaspoon
ground cinnamon
3 cups
skim milk, or non dairy alternative
2 cups
fresh or frozen blueberries
⅔ cups
pecans, chopped or whole
2 teaspoons
butter, regular or vegan
½ cup
brown sugar
maple syrup (optional topping)

Directions:

1. Place parchment paper in pan and set temperature to medium.
2. In large mixing bowl mix eggs with sugar and spices. Add milk to mixture and blend well. Gently stir in bread cubes
3. Add butter to preheated pan and melt evenly across bottom of pan. Sprinkle with pecans and brown sugar.
4. Pour bread mixture into pan. Cover and reduce heat to low. Bake for 45 - 55 minutes or until toothpick comes out clean once inserted.

Tips:

- Substitute French bread with wheat bread for more fiber and

whole grain benefits.

- When using oven, preheat to 325°F / 170°C and remove handles to bake uncovered for 45-55 minutes.
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