

Overnight French Toast Bake

Makes: 6 servings



Total Time: 8 hours 40 minutes

Ingredients:

- Non-stick cooking spray, for baking dish
- One 8 oz. whole wheat baguette cut into twenty four ¼ inch slices
- One can (12 oz.) evaporated fat free milk
- 1 cup milk (1%)
- 1 tsp. vanilla extract
- ¼ tsp. almond extract
- ¼ tsp. ground cinnamon
- Pinch kosher salt
- 4 large eggs
- 1/3 cup chopped pecans
- ¼ cup maple syrup
- 1/8 tsp. ground cinnamon

PREPARATION

For the French toast: Coat a 9- by 13-inch baking dish with cooking spray. Arrange the bread slices on the diagonal in 3 rows in the dish, slightly overlapping the slices.

Whisk together the evaporated milk, milk, vanilla and almond extracts, cinnamon, salt and eggs until well combined. Pour the egg mixture over the bread slices, taking care to evenly coat the bread. Cover with aluminum foil and refrigerate for at least 8 hours, or overnight.

Preheat the oven to 350 degrees F. Remove the foil from the baking dish and spoon any remaining egg mixture over the top of the bread pieces to assure they are evenly moistened.

Sprinkle the pecans evenly over the bread. Sprinkle with 2 tablespoons of the maple syrup and the cinnamon. Bake until golden, about 40 minutes. Drizzle with the remaining maple syrup and serve.

Nutrition: 320 calories; 10g fat (2g sat fat); 125mg cholesterol; 43g carbohydrates; 14g protein; 4g fiber; 360mg sodium