



WESTERN WISCONSIN HEALTH

BLUEBERRY ALMOND FRENCH TOAST BAKE

- 1-8 oz. whole wheat baguette (about 18" long), cut into 1" cubes
- 2 C. low-fat milk (1%)
- 8 large eggs
- 8 large egg whites
- 1/3 C. pure maple syrup
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon
- 2 C. fresh blueberries
- 1/3 C. sliced almonds
- 2 T. dark brown sugar

Nutrition Facts

Serving Size (230g)	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 70
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	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 270mg	11%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 18g	
Protein 15g	
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Vitamin A 6%	• Vitamin C 6%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Spray a 9x13" baking pan with cooking spray. Arrange the bread in a single layer in the baking pan. Whisk together the milk, eggs, egg whites, maple syrup, vanilla and cinnamon. Pour the egg mixture over the bread in the pan, spreading it around so the liquid saturates the bread. Scatter the blueberries evenly on top. Sprinkle with almonds and brown sugar. Cover and refrigerate for at least 8 hours or overnight. Preheat oven to 350°. Uncover and bake for 50 to 60 minutes and serve hot.

NUTRITION FACTS: Serving size: 4X3 inch piece, 8 servings