



# Fruity French Toast Casserole



## Ingredients

- 8 cups **bread** cubes; try whole grain bread
- 2 cups **fruit**, sliced or chopped- fresh, frozen or canned
- 4 **eggs**, slightly beaten
- 1 cup **milk**
- 2 teaspoons **vanilla**
- $\frac{1}{4}$  cup **sugar**
- $\frac{1}{4}$  cup **margarine** or **butter**, softened
- $\frac{1}{4}$  cup **sugar**
- $\frac{1}{2}$  cup **flour** (all-purpose or whole wheat)

**Makes:** 8 cups  
**Prep time:** 10 minutes  
**Cooking time:** 45 minutes



## Directions

1. Lightly oil or spray an 8" x 8" baking dish or 2-quart casserole. Add bread cubes and fruit.
2. In a medium bowl, blend eggs, milk, vanilla, and sugar. Pour over bread cubes and fruit. Stir gently to wet all bread with egg mixture.
3. Cover and refrigerate until all liquid is absorbed (30 mins), or overnight.
4. Just before baking, remove casserole from refrigerator. Preheat oven to 350 degrees F.
5. Make the topping: In a small bowl, combine the softened margarine, sugar, and flour with a fork until crumbly.
6. Uncover the casserole and sprinkle topping over fruit. Bake until completely set, and starting to brown, (160 degrees F in the center), about 35-40 minutes. A longer baking time is needed when dish is chilled overnight. Serve warm.
7. Refrigerate leftovers within 2 hours.

## Notes

This is a great recipe for using up extra bread.

Variations:

- For the fruit, try peaches, pears, berries or diced apples.
- Lightly sprinkle with cinnamon or other spices such as nutmeg, ground cloves, allspice or cardamom at the end of step 2.
- Try topping with a spoonful of yogurt when serving.

## Nutrition Facts

8 servings per container	
Serving size 1 cup (168g)	
Amount per Serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
<b>Total Fat</b> 9g	12 %
Saturated Fat 2g	10 %
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32 %
<b>Sodium</b> 270mg	12 %
<b>Total Carbohydrate</b> 44g	16 %
Dietary Fiber 1g	4 %
Total Sugars 22g	
Includes 13g Added Sugars	26 %
<b>Protein</b> 8g	
<b>Vitamin D</b> 1mcg	6 %
<b>Calcium</b> 70mg	6 %
<b>Iron</b> 2mg	10 %
<b>Potassium</b> 173mg	4 %
<b>Vitamin A</b> 130mcg	14 %
<b>Vitamin C</b> 1mg	2 %

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*For tasty, healthy recipes that fit your budget, visit [www.FoodHero.org](http://www.FoodHero.org)!*

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