



BAKED BLUEBERRY FRENCH TOAST

Makes 9 servings | Serving size: 1 piece

PREP TIME

1-8 hr

COOK TIME

45 min

TOTAL TIME

8 hr 45 min

Prepare this the night before for a filling and delicious Parisian breakfast. For this recipe, we used egg whites to lower the calories and fat in this dish, and blueberries for an antioxidant-rich sweetness.

Ingredients

- 8 eggs
- 1½ cups milk
- ¼ cup brown sugar
- 1 tablespoon ground cinnamon
- 1-pound loaf whole grain bread, cubed
- 2 cups blueberries
- 2 scoops vanilla iFit Nutrition protein powder



Directions

1. Lightly oil a large 9x13" pan and set aside.
2. Whisk together the egg whites, milk, protein powder, brown sugar, and cinnamon.
3. Put bread in the pan. Pour the egg mixture on top. Marinate for at least 1 hour in the refrigerator or up to 8 hours for best results. Toss before baking to evenly disperse egg mixture.
4. Sprinkle blueberries over the top.
5. Bake for 45 minutes at 350°F.
6. Allow to sit for 5 minutes, then cut into 9 pieces.