

## BREAKFAST

# French Toast Bake



*\*Recipe makes 8 servings\**

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

## INGREDIENTS

- 8 eggs
- 2 ½ cups unsweetened almond milk
- 1 tbsp vanilla
- 1 tsp powdered stevia (or sugar)
- 1 loaf Ezekiel bread, cubed
- 1 cup fresh blueberries, mashed
- 2 tbsp honey
- Greek yogurt

## INSTRUCTIONS

1. Grease a 9x13 metal baking pan.
2. Whisk the eggs, and stir in the milk, vanilla and stevia.
3. Place bread in the prepared pan, and pour egg mixture over it.
4. Cover with plastic wrap, and refrigerate for at least 3 hours.
5. Preheat oven to 350 degrees.
6. Bake for 45 minutes, or until golden brown.
7. In a small saucepan, warm berries and honey together.
8. Cut French toast into 8 equal squares.
9. Top with a dollop of yogurt, and drizzle with berry mixture.