

French Toast Casserole

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving Size: 4 ounces

Ingredients	Quantity	Measure
French bread, cubed	1 ½	quarts
Non-dairy margarine	¼	cup
Flax seeds, ground	3	tablespoons
Warm water	½	cup
Non-dairy creamer, almond or coconut	1	pint
Almond milk	1	cup
Sugar, granulated	½	cup
Vanilla extract	1	tablespoon
Ground cinnamon	¼	teaspoon
Salt	1	teaspoon
Praline Topping		
All-purpose flour	¼	cup
Light brown sugar	1	cup
Pecans, chopped	1	cup
Non-dairy margarine	¼	cup

Preparation

Day 1

1. Generously spread the margarine in the bottom of a ½ hotel pan.
2. Place cubed French bread in ½ hotel pan.
3. In a small bowl, whisk the ground flax seed and water together. Set aside for 5 minutes.
4. In a large bowl, add flax seed mixture, creamer, almond milk, granulated sugar, cinnamon, vanilla, and salt. Beat with an electric mixer until well blended.
5. Pour this mixture over cubed bread, making sure that all of the bread is covered evenly.
6. Cover and refrigerate overnight.

Day 2

1. Preheat oven to 300 degrees.
2. Prepare the praline topping by combining the brown sugar, flour, and chopped pecans. Using a pastry blender or fork, blend in the margarine.
3. Top casserole with praline topping. Cover with foil.
4. Bake for 2 hours with a water bath.
5. Uncover and bake for another 15 minutes.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 417 Total Fat: 19g Saturated Fat: 3g Monounsaturated Fat: 7.5g Polyunsaturated Fat: 4g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 55g Fiber: 3g Total Sugars: 23g Protein: 7g Sodium: 560mg
Vitamin A: 0µg Vitamin C: 0.2mg Calcium: 92mg Iron: 2.4mg Folate: 98µg

