



Fruity French Toast Casserole

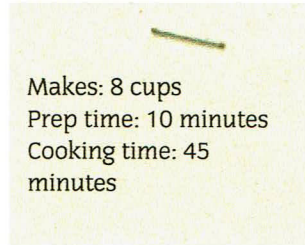


Oregon State University

Ingredients

- 8 cups bread cubes; try whole grain bread
- 4 eggs, slightly beaten
- 1 cup milk
- 2 teaspoons vanilla
- 1/4 cup sugar
- 2 cups fruit, sliced or chopped- fresh frozen or canned
- 1/4 cup margarine or butter, softened
- 1/4 cup sugar
- 1/2 cup flour

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.
2. In a medium bowl, beat eggs, milk, vanilla, and sugar. Pour over bread cubes. Stir gently to wet all bread with egg mixture. Top with fruit.
3. Cover with plastic wrap and refrigerate until all liquid is absorbed (30 mins), or as long as 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 until crumbly.
6. Remove plastic wrap and sprinkle topping over fruit. Bake until completely set, and starting to brown, (160 degrees in the center), about 34-40 minutes. Serve warm.
7. Refrigerate leftovers within 2 hours.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

Serving Size about 1 cup (168g)
Servings Per Container 8

Amount Per Serving	
Calories 300	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 250mg	10%
Total Carbohydrate 45g	15%
Dietary Fiber 1g	4%
Sugars 21g	

Protein 9g

Vitamin A 15% • Vitamin C 2%
Calcium 6% • 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