



## Ingredients

- 6 eggs
- 1 teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- ½ teaspoon ground nutmeg
- ¼ teaspoon of salt
- 1 tablespoon white sugar
- 1 ½ cups of low-fat milk
- ½ cup of whole wheat flour (¼ cup all-purpose and ¼ cup whole wheat)
- 10 thick slices whole wheat bread, cut into 1-inch cubes
- ½ (8-ounce) package lower fat (i.e. Neufchatel cheese) or fat-free cream cheese, cut into ½-inch cubes
- 1 cup fresh blueberries (optional)

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UPH-CARD-0035-09 3/16

9

# French Toast Bake

8 Servings

Preparation time: 20 minutes

Cook time: 20 minutes

Ready in: 2 hours 40 minutes

## Directions

1. Grease a 9x13inch baking pan.
2. Beat milk, eggs, flour, sugar, nutmeg, cinnamon, vanilla and salt in a large bowl until smooth. Next, add bread cubes and stir until coated, then pour mixture into prepared baking pan. Top evenly with cream cheese cubes and blueberries. Cover dish with plastic wrap and refrigerate for two to 24 hours.
3. Preheat the oven to 400 degrees.
4. Bake the uncovered pan until golden brown or 20 to 25 minutes.

## Nutritional Information

Calories: 279  
Protein: 15 g  
Fat: 11 g  
Saturated Fat: 2 g  
Carbohydrate: 31 g  
Dietary Fiber: 5 g  
Sodium: 434 mg  
Sugar: 9 g

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