



Blueberry French Toast Casserole

Total time: 55 minutes

Serves: 8

Make sure to tune in every Wednesday at 5:30 PM CST to the Sicangu Community Development Corporation Facebook page for our virtual cooking class!



Blueberries are high in antioxidants, a chemical that keeps your cells calm so they aren't stressed, or inflamed. Blueberries are also high in fiber! Together this combination of antioxidants and fiber helps reduce your risk of heart disease so your heart is strong and healthy for you to live your life!



Ingredients:



- 1 loaf French bread, or other stale/crunchy bread, cut into 1 inch cubes
- 6 eggs
- 2 cups whole milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon nutmeg, ground
- 1/2 teaspoon cinnamon, ground
- 2 Tablespoons ground sugar
- 1/2 pint blueberries, or 1 cup frozen blueberries
- 1/4 cup almonds, (or pecans, walnuts, macademia nuts) sliced are

Directions:



- Preheat oven to 350 degrees Fahrenheit.
- In a large bowl, mix together eggs, milk, vanilla, nutmeg, cinnamon, and brown sugar. Set aside.
- Grease a 9x13" casserole pan. Spread cubed bread in the dish and top with egg mixture. Make sure all of the bread is coated with the egg mixture.
- Sprinkle almonds and blueberries over the egg mixture.
- Bake for 40-45 minutes, or until casserole is golden colored.
- For a make ahead French toast casserole, cover the dish and store in the refrigerator for 8-12 hours. Remove from refrigerator 30 minutes prior to baking. Bake as directed above.
- Enjoy!

What does your dream breakfast look like?

Draw a picture of what your dream breakfast looks like! What are you eating to give you fuel for your day?

