

## Cinnamon French Toast Bake

Prep: 20 minutes

Cook: 20 minutes

Total: 40 minutes

Fat 9 Protein 14

Yield 6 servings

### Ingredients

- 16-oz. loaf cinnamon raisin bread, sliced
- 8 large eggs
- 1 cup unsweetened plain almond milk (or any kind of milk)
- 2 teaspoons ground cinnamon
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- 1/4 teaspoon ground nutmeg



### Instructions

1. First, preheat oven to 350°F and spray a 9-inch x 12-inch casserole dish with nonstick cooking spray.
2. Next, slice cinnamon raisin bread into 1-inch squares. Then, place the squares on the bottom of the dish.
3. In a medium bowl, whisk 8 large eggs. Then, add almond milk, cinnamon, and nutmeg. Whisk until combined.
4. Pour egg mixture on top of bread and use your hands to make sure all bread is full submerged.
5. Use a wet paper towel to clean the sides and then cover with a piece of tin foil. Place in the oven and bake at 350°F for 30 minutes
6. Remove tin foil and continue baking at 350°F for 10–15-minute or until fully cooked.
7. Top with a dusting of powdered sugar and maple syrup.



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<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>

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# COOKING FOR WELLNESS

## Nutrition Facts

### Serving

**Size:** 1/6 **Calories:** 329 **Sugar:** 23 **Fat:**

**9 Fiber:** 2 **Protein:** 14

<https://fitfoodiefinds.com/cinnamon-french-toast-bake/>



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