

Blueberry Pecan French Toast Casserole

½ Loaf of 100% Whole Wheat Orowheat Bread, cubed

3 Eggs or ¾ Cup Egg Substitute

½ Cup Sugar or ¼ Cup Xylitol

1/8 Tsp Nutmeg

1/8 Tsp Cinnamon

1½ Cups Vanilla Almond Milk

1 Cup fresh or frozen Blueberries, divided

½ Cup chopped Pecans

2 Tbs Butter

1/3 Cup Brown Sugar

Olive Oil Spray

(Optional) Syrup, Blueberry or Maple

NOTE: My preference is not to use the Optional method; it makes it too sweet! Also, to double the recipe, use 11” Large Skillet and simply double all measurements.

Lightly coat 8.6” Small Skillet with Olive Oil Spray. Place Bread cubes in skillet. In medium bowl, whisk together Eggs Substitute, Sugar, Nutmeg, and Cinnamon; stir in Vanilla Almond Milk. Slowly pour over Bread cubes to saturate; cover and refrigerate 2 hours or overnight.

Attach handles to Small Skillet; over medium-low heat, combine Butter and Brown Sugar. Cook and stir until bubbly. Sprinkle ½ cup Blueberries over Bread mixture; lightly toss to mix. Sprinkle remaining ½ cup of Blueberries on top; then chop Pecans (#2 Cone) and sprinkle on top. Drizzle over Pecans and Blueberries. Bake on stovetop for 20-25 minutes on Medium-Low heat (or in a preheated oven 45 to 55 minutes) until puffed and browned. Serve hot with Blueberry or Maple Syrup, if desired.