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Pineapple Upside-down French Toast

By Andrea Holwegner BSc, RD

This is a great make-ahead breakfast, brunch item, or alternative weekday supper meal the whole family will like.

Makes 8 servings

What you need

- 8 thick slices of whole wheat bread
- 5 eggs
- 1 1/2 cups milk
- 1/4 cup sugar
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 tbsp. soft tub non-hydrogenated margarine or butter
- 3/4 cup brown sugar
- 8 round slices canned unsweetened pineapple (14 oz/398 ml can)



How you prepare

1. Place slices of bread in a large shallow pan.
2. In a large bowl beat eggs, milk, sugar, vanilla, cinnamon. Pour mixture over the bread. Turn bread over and allow to soak for at least 10 minutes (up to overnight in refrigerator)
3. Brush margarine over the bottom of a 13 X 9 inch baking dish. Sprinkle bottom evenly with brown sugar, pressing sugar into bottom of pan. Arrange slices of pineapple on sugar in a single layer. Place a piece of soaked bread over each.
4. Bake at 350F for 30-40 minutes or until bread is puffed and browned. Remove and cool 5 minutes.
5. Cut around each slice of bread and serve each piece upside down with a slice of pineapple or other fruit such as fresh berries or sliced banana.

Nutrition Information per Serving:

Calories: 358
Carbohydrates: 63.8 g
Protein: 9.6 g
Fat: 8.3 g
Fibre: 3.9 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for

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