



Raspberry Almond French Toast Casserole

By Andrea Holwegner BSc, RD

This make-ahead brunch recipe or weekday supper meal is sure to please. Serve with fresh fruit salad and yogurt to complete the meal.

Makes 12 servings

What you need:

8 slices of whole grain bread, cut into small cubes
½ package (4 oz) light cream cheese, cut into small cubes
2 cups fresh or frozen raspberries
½ cup almonds, slivered or crushed into small pieces
12 eggs
1 cup skim or 1% milk
1 tsp ground cinnamon
Maple syrup for topping



How to prepare:

Grease a 9 x 11-inch baking dish. Scatter the bread pieces in the dish and arrange cream cheese, raspberries and almonds on top.

In a large bowl, whisk together eggs, milk and cinnamon and pour over bread.

Cover with foil and refrigerate overnight or alternatively, bake right away.

Bake covered with foil at 350°F for 30 minutes or until puffy and browned slightly.

Serve with maple syrup.

Nutrients per serving:

Calories 186; Fat 10 g; Sodium 189 mg; Carbohydrate 14 g; Fibre 3 g; Protein 11 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 the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter [@chocoholicRD](#).

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