

Sarah's Healing Touch

Blueberry Baked French Toast Casserole

Ingredients:

- 10 slices French bread (1 inch thick)
- 5 eggs, beaten
- 3/4 cup coconut milk
- 1/3 cup lite silken tofu
- 1 tsp. vanilla extract
- 1/4 tsp. baking powder
- 24 oz. frozen blueberries
- 1/2 C. organic sugar
- 1 tsp. nutmeg
- 1 tsp. lemon zest

Directions:

Place bread slices in a 9 x 13 pan. In a blender, combine eggs, milk, tofu, vanilla and baking powder. Pour over bread. Turn bread several times to ensure it is evenly covered with egg mixture. Cover tightly and refrigerate overnight.

Remove from refrigerator 30 minutes before baking. Preheat oven to 400 degrees. Spray another 9 x 13 pan with nonstick cooking spray. Toss together blueberries, sugar, nutmeg and lemon zest in a small bowl. Pour into prepared pan and spread out evenly. Top with prepared bread slices. Bake 30-35 minutes.

Serves 10

Rejuvenate Refresh Relax