

# Eat to Live Well



*Recipes for a Healthy Life!*

## **Baked Blueberry French Toast**

Ingredients:

- 1 pound whole grain bread (1 loaf)
- 2.5 cups nonfat milk
- 2 cups liquid egg substitute
- 3 tbsp sugar
- 3/4 tsp ground cinnamon
- 3/4 tsp vanilla
- 2 cups fresh/frozen blueberries

Directions:

1. Slice bread into 3/4 inch slices, then cut in half. Arrange in a 9x13 baking pan coated with cooking spray.
2. Mix milk, egg substitute, vanilla, cinnamon, and sugar in a separate bowl.
3. Sprinkle blueberries over bread, then cover with liquid.
4. Cover with foil and refrigerate 8 hours or overnight.
5. Bake covered at 350 degrees for 40 minutes, then uncovered for 15-20 minutes or until golden brown.

Great idea to make at the beginning of the week, then divide out for breakfast each morning!

Submitted by employee

Nutrition Facts: Per ~1 slice of bread– 133 calories, 1.7 g fat, .2g saturated fat, 23g carbohydrate, 7 g protein, 2.4g fiber, 186 mg sodium

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