



## Protein-Packed Baked French Toast

Time: 60 minutes

Serves: 4

### Ingredients

- 4 eggs
- 1  $\frac{3}{4}$  cups (425 ml) Natrel Plus 2%
- $\frac{1}{2}$  cup (125 ml) sugar
- 1 tbsp (15 ml) vanilla extract
- $\frac{1}{2}$  tsp (2  $\frac{1}{2}$  ml) ground cinnamon
- 1 tsp (5 ml) ground nutmeg
- 8 thick slices white bread, lightly toasted
- 2 cups (500 ml) fresh raspberries
- $\frac{1}{4}$  cup (60 ml) toasted pecans, crushed

### Directions

- Butter a 9" x 2" (23 cm x 5 cm) pan. Set aside.
- Whisk the eggs, Natrel Plus 2%, maple syrup, vanilla, cinnamon, and nutmeg in a bowl. Set aside.
- Place the bread in an overlapping layer on a baking sheet. Pour the egg mixture and move the slices around gently so they are well coated. Cover with aluminum foil.
- Put the rack in the middle of the oven. Preheat oven to 350 °F (180°C).
- Bake for 20 minutes with the aluminum foil. Remove the foil and bake an additional 25 minutes. Let cool for 5 minutes.
- Add the raspberries and top with pecans.
- Serve with honey or maple syrup.

Packed full of protein, you'll stay full until lunchtime. Add raspberries and honey for a sweet touch and toasted pecans for some crunch.