

Overnight Berry French Toast

Serves 6

These cups are assembled a day ahead, so all you have to do is pop them in the oven. Raspberries, blackberries or peach slices all work well in this recipe.

- 1 8-oz. whole-wheat baguette, crusts removed, cut into 1-inch cubes
 - 4 large eggs
 - 1 $\frac{3}{4}$ cups low-fat milk
 - $\frac{1}{3}$ cup maple syrup
 - 1 tsp. vanilla extract
 - $\frac{1}{2}$ tsp. grated orange zest
 - $\frac{1}{2}$ tsp. grated lemon zest
 - $\frac{1}{4}$ tsp. ground cinnamon
 - 1 cup frozen blueberries, thawed
 - 1 $\frac{1}{2}$ Tbs. unsalted butter, cubed
1. Place bread cubes in medium storage container.
 2. Whisk together eggs, milk, maple syrup, vanilla, zests and cinnamon in large bowl. Pour or ladle mixture over bread cubes. Cover, and refrigerate 4 hours, or overnight.
 3. Preheat oven to 350F. Fold berries into bread mixture. Coat 6 6-oz. ramekins with cooking spray. Fill each ramekin with about $\frac{2}{3}$ cup of mixture. Dot with butter. Bake, uncovered, 30 minutes, or until knife inserted in center comes out clean. Let stand 10 minutes to set. Serve with maple syrup.

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SOURCE: <http://www.vegetariantimes.com/recipe/overnight-berry-french-toast/>