

FRENCH TOAST STRATTA

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Yield: 6 Servings

Pan Size: 9 x 13

Portion: 8 oz.

Temperature: 350°F

QUANTITY

INGREDIENTS

10 oz. loaf	*Italian Bread
8 eggs	Eggs
3 1/2 cups	Milk
2 2/3 tbsp.	Sugar
1 1/2 tbsp.	Vanilla
2 1/2 tbsp.	Maple Flavoring (optional)
4 tbsp.	Unsalted Butter
1 cup	Maple Syrup

DIRECTIONS

1. Tear bread into large pieces and place in bottom of a greased pan.
2. Mix eggs and all other ingredients together.
3. Pour mixture over bread. Be sure all the bread has been coated with this mixture.
4. Cover and refrigerate overnight or for at least 12 hours.
5. Dot with butter before baking.
6. Bake at 350° for 40 minutes. Pour maple syrup on top.
7. Return to the oven for an additional 10 minutes of baking.

Nutritional Content Per Serving:

Calories	552
Protein	17.9 gm
Fat	20.7 gm
Carbohydrate	73.8 gm
Sodium	464 mg

Notes:

You may also add pureed fruits such as peaches and blueberries, to the mixture before baking, or keep fruit whole for the regular diets.

*White bread may be used: Approximately 13 slices = 10 oz.