BAKED FRENCH TOAST

INGREDIENTS:

8 OUNCES	WHOLE GRAIN BREAD, SLICE INTO 1-INCH CUBES
6 EACH	EGGS, LARGE
1 CUP	SKIM MILK
¼ CUP	HALF & HALF
2 TABLESPOONS	SUGAR
2 TABLESPOONS	BROWN SUGAR
1 TABLESPOON	VANILLA EXTRACT

TOPPING:

¼ CUP	WHOLE WHEAT FLOUR
¼ CUP	FLAXSEED, GROUND
¼ CUP	BROWN SUGAR
½ TEASPOON	GROUND CINNAMON
1/8 TEASPOON	KOSHER SALT
¼ TEASPOON	GROUND NUTMEG
2 TABLESPOONS	BUTTER, UNSALTED
1 CUP	MIXED FRESH BERRIES (BLUEBERRIES, RASPBERRIES, ETC.)

METHOD:

- Spray 8-9" baking dish lightly with oil.
- Evenly distribute the bread cubes in the dish.
- In a medium bowl, whisk together the whole eggs, egg whites, milk, cream, sugar, brown sugar and vanilla extract.
- Pour the liquid mixture over the bread cubes. Cover the dish and allow it to sit in refrigerator for at least 2 hours, preferably overnight to allow bread to absorb liquid.
- Mix the flour, ground flaxseed, brown sugar, salt and nutmeg in medium bowl. Stir together with a fork.
- Using a pastry cutter or fork, add the butter to the topping mixture and combine until the topping looks like fine pebbles. This can be prepared in advance as well.
- Preheat oven to 350 degrees. Remove the baking dish from the refrigerator and sprinkle the topping over the top. Evenly distribute berries on top as well.
- Bake for 45-60 minutes until center is firm. Slice into eighths and serve warm with maple syrup.

Servings: 8

Serving Size: 1/8

Calories: 290

Fat: 11 gm **Sodium:** 220 mg **Carbohydrates:** 35 gm **Protein:** 13 gm **Fiber:** 0 gm