

Blueberry French Toast

Blueberry French Toast

**21 Day Fix Recipe | Healthy Breakfast
Recipe**



This delicious recipe for blueberry french toast will be a family favorite!

21 Day Fix Containers

1 Yellow □

1/2 purple □

INGREDIENTS

6 Cups cubed whole grain bread (I use Ezekiel Sprouted Bread)

8 egg whites (or 4 whole eggs)

1 1/2 Cup unsweetened almond milk

1/4 Cup pure honey

2 Teaspoons almond extract

1 Teaspoon vanilla extract

2 Teaspoons ground cinnamon

2 Cups fresh or frozen blueberries

INSTRUCTIONS

1. In a large mixing bowl, combine the egg whites, almond milk, honey, extracts and cinnamon. Whisk well.
2. Spray or oil a 9×13 casserole dish (I used coconut oil spray) spread the bread evenly on the bottom of dish.
3. Pour the liquid mixture over the bread and allow it to sit for at least 30 minutes, mixing once or twice to be sure all parts of the bread are moist pre-heat the oven to 350.
4. Mix in blueberries.
5. Bake the casserole for about 45 minutes at 350 until there is no longer any liquid between the bread.
6. Let cool and serve!

ENJOY!