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30 DAY GOURMET

the leader in freezer cooking

Breads and Breakfast

Blueberry French Toast Casserole

Recipes	1	2	3	4	5	6
Servings	6	12	18	24	30	36
Ingredients						
Bread; cut into 1-inch cubes	6 slices	12 slices	18 slices	24 slices	30 slices	36 slices
Cream cheese; cut into 1/2 inch cubes	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.
Blueberries; fresh or frozen	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Eggs; beaten	6	12	18	24	30	36
Milk	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Vanilla	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	1 T.
Maple syrup	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Blueberry Sauce						
Sugar	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Cornstarch	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2 T.
Water	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Blueberries; fresh or frozen	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Butter or margarine	1/2 T.	1 T.	1-1/2 T.	2 T.	2-1/2 T.	3 T.

Assembly Directions:

Spray treat or grease a baking dish. Arrange half of the bread cubes in the dish. Top with cream cheese cubes. For each recipe, sprinkle 1/2 C. blueberries over the cream cheese. Top with the remaining bread cubes.

In a large bowl, mix the beaten eggs, milk, vanilla extract and maple syrup. Pour over the bread cubes. Cover and refrigerate overnight if serving the next day. If not, continue with freezing instructions.

Freezing and Cooking Directions:

Cover the pan loosely with plastic wrap and place inside a labeled one or two gallon freezer bag. Remove excess air, seal and freeze.

To serve, thaw if frozen (takes about 12-14 in refrigerator). Remove the casserole from the refrigerator about 30 minutes before baking. Bake covered for 30 minutes at 350 degrees. Uncover and continue baking 25-30 minutes until center is firm and surface is lightly browned.

For sauce, in a medium saucepan mix the sugar, cornstarch and water. Bring to a boil. Stirring constantly cook 3-4 minutes. Mix in the remaining blueberries (1/2 C. per recipe). Reduce heat and simmer 10 minutes until the blueberries burst. Stir in the butter and pour over the baked French toast casserole.



Comments:

This is SO good! Great for special breakfasts and great as warmed leftovers too.

Nutritional Info:

Per Serving: 411 Calories; 20g Fat (44.1% calories from fat); 12g Protein; 46g Carbohydrate; 1g Dietary Fiber; 232mg Cholesterol; 337mg Sodium.

Exchanges: 1 Grain (Starch); 1 Lean Meat; 3-1/2 Fat; 1-1/2 Other Carbohydrates.

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