

# Fruity French Toast Casserole

Serves 12

## Ingredients

### FRENCH TOAST BASE

- 2 ½ cups *Almond Milk*
- ½ tbsp *Cinnamon*
- 2 tbsp ground *Flaxseed*
- ⅓ cup *Maple Syrup*
- ¼ cup *Peanut Butter*
- 7 slices thick *Bread* (stale is good)
- ½ cup chopped *Nuts*
- *Sea Salt*

### GARNISH

- 1 - 2 cups *Fresh Berries* (or defrosted berries)
- *Maple Syrup* (for drizzling)

## Instructions

### FRENCH TOAST BASE

1. Preheat oven to 375 F
2. Whisk or blend together *Almond Milk, Cinnamon, Flaxseed, Maple Syrup and Peanut Butter* and set aside.
3. Cut your *Bread* into cubes and place in a baking dish.
4. Pour your *Liquid Mixture* over your *Bread*
5. Sprinkle *Chopped Nuts* and *Sea Salt* over the top.
6. Bake for 20 - 30 minutes or until the *Casserole* or until the *liquid* looks absorbed and the *bread* looks crispy.

### GARNISH

1. Cover with *Fresh Berries* (or defrosted berries)
2. Drizzle with extra *Maple Syrup* if you desire.

**SERVE & ENJOY!** ☀️

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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