

Sheet Pan French Toast



PREP TIME

5 mins

COOK TIME

15 mins



COURSE

Breakfast



SERVINGS

4 servings

CALORIES

321 kcal

INGREDIENTS

- 1 bottle Just Egg
- 8 slices whole wheat bread
- 1 c. blueberries
- 1 c. strawberries sliced
- ⅓ c. orange juice
- 2 tsp vanilla extract
- 1 c soy milk unsweetened
- 1 Tbsp orange zest
- ½ tsp nutmeg (optional)

INSTRUCTIONS

1. Preheat oven to 425°F/ 218°C
2. Coat a baking sheet with cooking spray. Arrange the bread slices evenly on the tray.
3. In a bowl, mix Just Egg, soy milk, 1/4 c/ 60ml orange juice, orange zest, vanilla, and nutmeg (optional).
4. Pour this mixture evenly over your bread slices. Bake for 10 minutes.

- 5. After ten minutes, move the pan to the broiler and broil for 1-2 minutes.
- 6. In a saucepan over medium heat, combine your blueberries, strawberries, and remaining orange juice. Cook until the fruit breaks down and becomes "melty", about 3-5 minutes.
- 7. Top each plate of french toast with your fruit mixture and enjoy.

NUTRITION

Nutrition Facts	
Sheet Pan French Toast	
Amount Per Serving	
Calories 321	Calories from Fat 54
% Daily Value*	
Fat 6g	9%
Carbohydrates 44g	15%
Protein 19g	38%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD
soy-free

Tried this recipe?
Let us know how it was!