

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
- $\frac{1}{3}$ c. orange juice
- 2 tsp vanilla extract
- 1 c soy milk unsweetened
- 1 Tbsp orange zest
- $\frac{1}{2}$ 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!