

Baked High-Protein French Toast



COURSE
Breakfast, Snack



SERVINGS
7 serving



CALORIES
553 kcal

EQUIPMENT

- 13x9 inch baking dish

INGREDIENTS

- 14 slices high protein sandwich bread for gluten free, use GF bread
- 1 1/3 c JUST Egg
- 2 c soy milk for soy free, use non-soy plant milk
- 2 Tbsp maple syrup
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg

TOPPING:

- 1/2 c packed brown sugar
- 1/4 c Earth Balance melted
- 2 Tbsp maple syrup
- 1/2 c chopped pecans
- 4 c chopped fresh strawberries

BREAD:

- 2 1/2 c all purpose flour
- 1 1/2 c vital wheat gluten
- 1 Tbsp active dry yeast
- 1 Tbsp sugar
- 1 tsp salt

- 2 ½ c hot water 110°F/43°C

INSTRUCTIONS

For Bread

1. In a large bowl, mix flour, vital wheat gluten, yeast, and salt until well mixed.
2. In a smaller bowl, dissolve sugar into the hot water.
3. Add the water mixture to the flour mixture using a wooden spoon.
4. Mix as little as possible to fully incorporate everything. Do not overmix this.
5. Transfer mixture to a greased 8 inch bread pan.
6. Cover and let rise for 20 minutes.
7. Preheat oven to 400°F/204°C
8. Bake for 45 minutes at 400°F/204°C
9. Remove from oven and let cool for 2 hours before slicing.

For French Toast

1. Place bread in a single layer in a greased 13x9-in. baking dish. In a large bowl, whisk JUST Egg, soy milk, syrup, vanilla, cinnamon and nutmeg; pour over bread.
2. For topping, in a small bowl, mix brown sugar, earth balance and syrup; stir in pecans. Spread over bread. Refrigerate, covered, overnight.
3. Preheat oven to 350°.
4. Remove French toast from refrigerator while oven heats. 5. Bake, uncovered, 40-50 minutes or until a knife inserted in the center comes out clean.
5. Let stand 10 minutes before serving. Serve with strawberries and additional syrup.

NUTRITION

Nutrition Facts

Baked High-Protein French Toast

Amount Per Serving (1 serving)	
Calories	553
	Calories from Fat 162
	% Daily Value*
Fat	18g
	28%
Carbohydrates	60g
	20%
Protein	32g
	64%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

soy-free

Tried this recipe?
Let us know how it was!