

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 ⅓ 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:

- ½ c packed brown sugar
- ¼ c Earth Balance melted
- 2 Tbsp maple syrup
- ½ c chopped pecans
- 4 c chopped fresh strawberries

BREAD:

- 2 ½ c all purpose flour
- 1 ½ 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!