

**23**

Brunch  
& Lunch  
with Style

## Maple-Puffed French Toast



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**33**



This variation of French toast becomes golden and delicious when baked in a hot oven. Try it next time you have weekend guests.

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## Maple-Puffed French Toast

 Preparation: **20 min.**  
 Baking time: **8-10 min.**

Oven temperature: **450°F**  
 Serves: **4**

### INGREDIENTS:

- 4 thick slices French bread, about 1½ inch thick
- 4 eggs
- ½ cup maple syrup
- ½ tsp. baking powder
- 4 Tbsp. whipping cream
- 2 Tbsp. butter or margarine
- 2 Tbsp. sugar mixed with ½ tsp. cinnamon
- Butter and maple syrup, for serving, optional

**Tips:** Check bottom of toast to make sure it doesn't get too dark. A shiny pan works best. Lower heat to 425°F, if necessary. Use a baking pan in which bread just fits.

### PREPARATION:

- 1** Place bread in a pan, large enough for slices to fit.
- 2** In a bowl, beat together the eggs, maple syrup, baking powder and cream. Pour over the bread.
- 3** Let soak for 15 to 30 minutes until bread is completely soaked.
- 4** Heat a heavy pan in 450°F oven for a few minutes. Add butter. As it melts, spread to cover pan.
- 5** Place soaked bread in pan. Sprinkle with cinnamon-sugar.
- 6** Bake for 8 to 10 minutes until puffed and golden.
- 7** Serve with more butter and maple syrup, if desired. Sprinkle with powdered sugar.

**Good served with:** Bowls of fresh blueberries or strawberries and mugs of freshly brewed coffee.

All nutritional information is per single serving.

Protein .....11 g	Carbohydrates.....61 g	Calories .....446
Calcium .....126 mg	Sodium .....462 mg	Fat .....17 g
		Cholesterol .....245 mg