

French Toast Casserole

Servings: 8

16 Slices Cubed Sturdy White Bread, Cubed
1 8 Oz, One Third Less Fat Cream Cheese Block, Softened
Cooking Spray
8 Large Eggs
1 1/2 Cups Fat Free Milk
2/3 Cup Half and Half
1/2 Cup Vermont Maple Sugar
1/2 Teaspoon Vanilla Extract
Additional Vermont Maple Sugar

Cook Time:

Place bread cubes in a 13" x 9" baking dish coated with the cooking spray.

Beat the cream cheese in a mixer at medium speed until smooth. Add the eggs, one at a time, mixing well after each egg is added.

Add the milk, half and half, Vermont maple sugar, and the vanilla extract to the egg mixture, and mix until smooth. Pour the cream cheese mixture over the bread, cover, and refrigerate overnight.

Preheat the oven to 375°. Remove the casserole from the refrigerator and bake in the pre-heated oven for 50 minutes, or until set.

Serve with additional Vermont maple syrup.

Per Serving (excluding unknown items): 101 Calories; 7g Fat (66.6% calories from fat); 7g Protein; 1g Carbohydrate; 0g Dietary Fiber; 219mg Cholesterol; 78mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 1 Fat.