



BAKED BERRY FRENCH TOAST

This French toast recipe is great to make ahead of time for a busy weekday morning. It is a good balanced entrée that includes protein, carbohydrates, dairy, and fruit. Cream cheese and milk components can be substituted with lactose-free versions for those experiencing lactose intolerance. **Yield: 8 Servings**

INGREDIENTS:

- 12 slices day-old bread, cut into 1-inch cubes
- 1 (12 oz.) package of low-fat cream cheese, room temperature
- 2 ¼ cups low-fat fat-free milk or non-dairy alternative, divided
- 2 tsp. vanilla, divided
- 2 cups blueberries, fresh or thawed frozen, divided
- 10 eggs, beaten
- ¼ cup plus 1 Tbsp. honey or pure maple syrup

DIRECTIONS:

1. Preheat oven to 350°.
2. Lightly grease a 9x13 inch-baking dish.
3. Blend 1 brick of cream cheese, ¼ cup of milk, 1 Tbsp. honey and 1 tsp. vanilla.
4. Arrange ½ of the bread cubes in bottom of dish. Top with cream cheese mixture. Sprinkle 1 cup of blueberries over top, and top with remaining bread cubes.
5. In large bowl, mix eggs, milk, vanilla extract, and honey or syrup. Pour over bread cubes. Cover, refrigerate 1 hour or overnight.
6. Cover, and bake for 30 minutes. Uncover, and continue baking for 25-30 minutes, until center is firm and surface is lightly browned.
7. Let cool for 10-12 minutes. Top with remaining berries and enjoy.

NUTRITIONAL DATA:

231 calories, 7.5 grams fat, 1.7 grams saturated fat, 205 mg cholesterol, 29 grams carbohydrate, 3.8 grams dietary fiber, 13.7 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*