

7-grain french toast with maple cinnamon yogurt



Total Time: **30 minutes - 40 minutes**

Prep Time: **10 minutes**

Cook Time: **20 minutes**

ingredients (Servings: 4)

1/2 cup fat-free plain yogurt

1 Tablespoon maple syrup

3/4 teaspoon ground cinnamon, divided

8 slices seven-grain bread or an 8-ounce loaf cut into 8 slices

4 large eggs or egg-substitute equivalent

1 cup milk

1/2 teaspoon vanilla extract

1/4 cup brown sugar

1/4 teaspoon ground nutmeg

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4 Tablespoons butter or margarine, melted and divided

1/2 cup whole-wheat cereal flakes, crushed

Sliced fresh fruit (optional)

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directions

step 1: Preheat the oven to 425 degrees F.

step 2: Combine yogurt, maple syrup and 1/4 teaspoon cinnamon in a small bowl; cover and chill until ready to bake the French Toast. (If you would like the flavors to combine even more, chill overnight.)

step 3: Place the bread slices in two layers in a baking dish measuring 11-by-9-by-2 inches. Set aside.

step 4: In a large mixing bowl whisk together eggs, milk, vanilla, brown sugar, nutmeg and remaining 1/2 teaspoon of

cinnamon.

step 5: Pour egg mixture evenly over bread slices, turning each slice with a fork so it is thoroughly coated.

step 6: Line two baking sheets with foil and brush each with 1 Tablespoon of melted butter. With a flat spatula, transfer the bread slices to the baking sheets, arranging them in a single layer.

step 7: Combine the ground cereal flakes with the 2 remaining Tablespoons of melted butter and sprinkle over the bread slices. Bake until bread slices puff up and are golden brown, about 20 to 25 minutes.

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Serve immediately with cinnamon maple yogurt and sliced fruit.

step 8: If you make ahead of time and want to freeze, transfer the baked French Toast to a cooling rack until completely cool, about 10 minutes. Tightly wrap the slices, either individually or no more than two slices together, with Saran™ Premium Wrap. To organize these individually wrapped slices in your freezer, place them together in a Ziploc® Brand Freezer Bags and then freeze. When ready to eat, thaw at room temperature for about 15 minutes (or overnight in the refrigerator the night before). Reheat on a nonstick or greased baking sheet in a preheated 425 degree F

oven for 10 minutes until crisp and hot.