nubites™
nutrition tips for today's families
No. 364

overnight cinnamon
french toast bake
Your child can help tear bread and sprinkle brown sugar!

Ingredients:
10 slices whole grain bread
1/3 cup brown sugar
1 tsp cinnamon
6 large eggs
1 1/4 cup milk

serves 8

Make it the day before!
1. Butter a 9x13 inch baking pan.
2. Tear bread slices into 1 inch pieces. Place the bread pieces in the baking pan.
3. In a small bowl, mix together the brown sugar and cinnamon. Sprinkle it over the bread.
4. In a mixing bowl, whisk together the eggs and milk. Pour the egg mixture evenly over the bread. Then use a spatula to press the bread down to make sure it is well coated.
5. Cover the baking pan with aluminum foil and refrigerate overnight.

Bake it in the morning!
1. Preheat the oven to 350 F.
2. Bake the French toast with the foil cover in place for 20 minutes. Then remove the foil and continue to bake for another 20 minutes, or until golden brown. Let cool for about 5 minutes before serving.

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