BLUEBERRY ALMOND FRENCH TOAST BAKE

1-8 oz. whole wheat baguette (about 18" long), cut into 1" cubes
2 C. low-fat milk (1%)
8 large eggs
8 large egg whites
1/3 C. pure maple syrup
1 tsp. vanilla extract
1/2 tsp. cinnamon
2 C. fresh blueberries
1/3 C. sliced almonds
2 T. dark brown sugar

Spray a 9x13" baking pan with cooking spray. Arrange the bread in a single layer in the baking pan. Whisk together the milk, eggs, egg whites, maple syrup, vanilla and cinnamon. Pour the egg mixture over the bread in the pan, spreading it around so the liquid saturates the bread. Scatter the blueberries evenly on top. Sprinkle with almonds and brown sugar. Cover and refrigerate for at least 8 hours or overnight. Preheat oven to 350°. Uncover and bake for 50 to 60 minutes and serve hot.

NUTRITION FACTS: Serving size: 4X3 inch piece, 8 servings