

# BAKED BLUEBERRY FRENCH TOAST

*Gluten Free • Dairy Free • Delicious*



- Prep Time: 10 minutes
- Cook Time: 1 hour



## Ingredients

- For the Casserole
  - 12 slices gluten free sandwich bread
  - 1 cup fresh blueberries, rinsed
  - 12 large eggs
  - 1/3 cup pure maple syrup
  - 2 cups dairy free milk (such as Unsweetened Original Flax Milk)
  - 1 teaspoon salt
- For the Blueberry Sauce
  - 1 cup sugar
  - 1 cup water
  - 2 Tablespoons potato starch or corn starch
  - 1 cup frozen blueberries
  - 1 Tablespoon lemon juice
  - 1/4 teaspoon salt

## Method

- 01** Arrange gluten free bread in a single layer on a cookie sheet. Pop the tray into a 350 degree oven for 3-5 minutes until lightly toasted.
- 02** Grease a 9 x 13 baking dish. Then, cube the bread and put half of it into the greased baking dish. Scatter the fresh blueberries on the cubes, then top with the remaining bread cubes.
- 03** Whisk the eggs together with maple syrup and salt; add the dairy free milk and whisk again until well combined. Pour the egg mixture over the bread cubes, making sure to coat each piece of bread with liquid.
- 04** Cover with aluminum foil and bake at 375 degrees F for 30 minutes. Uncover and bake an additional 30 minutes. Top with blueberry sauce while still hot.
- 05** Blueberry Sauce:  
Whisk together the sugar, starch and salt in a small sauce pan. Add the water and bring to a boil. When the syrup begins to thicken, add the frozen blueberries and lemon juice. Whisk to combine. Pour sauce over the baked casserole.

