



Cooking in the Kitchen at Olum's

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*Delicious Recipes
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Baked Berry French Toast with Ginger-Lemon Berry Sauce

Serves 6

French Toast Ingredients:

1 teaspoon coconut oil
9 slices whole wheat bread, cubed
1 ½ cups almond milk (unsweetened)
6 large eggs
2 tablespoons pure maple syrup
1 teaspoon lemon zest
1 teaspoon vanilla extract
1 teaspoon ground ginger
⅛ teaspoon sea salt
1 cup frozen mixed berries

Sauce Ingredients:

1 tablespoon coconut oil
5 cups frozen mixed berries
2 tablespoons pure maple syrup
2 tablespoons lemon juice
1 teaspoon ground ginger
1 teaspoon lemon zest
⅛ teaspoon sea salt

Directions:

Preheat the oven to 350° F. Coat a 9 x 9-inch baking dish with non-stick cooking spray and add the cubed bread.

In a mixing bowl combine the milk, eggs, maple syrup, lemon zest, vanilla extract, ginger, and salt. Then beat with a whisk to combine.

Pour the 1 cup of frozen berries on the bread cubes. Then pour the egg mixture on top and press the bread cubes so that they are covered with the egg mixture.

Bake for 45 minutes or until the top is golden brown; let the mixture set for 5 – 10 minutes before cutting.

To make the sauce, in a pan add the coconut oil, frozen berries, and maple syrup. Cook for 3 minutes and then add the lemon juice, ginger, lemon zest, and sea salt. Stir to combine and cook for about 5 minutes until the sauce starts to thicken. Then remove from the heat and allow the sauce to cool before serving. Pour ⅓ cup of the sauce over each serving of the French Toast bake.