

BAKED FRENCH TOAST

Ingredients

1. 1 cup sucanat with honey
2. 1 stick butter
3. 6 eggs
4. 1 1/4 cups milk
5. 1 teaspoon vanilla
6. 1 teaspoon salt
7. 1 tablespoon cinnamon
8. 6 slices whole wheat bread

Instructions

1. Melt butter in 13 x 9" pan, add sucanat to butter and spread over pan. Place bread slices in pan. In mixing bowl beat eggs. Add milk, vanilla, salt and cinnamon. Pour egg mixture over bread slices. Refrigerate overnight. Makes 8 servings. Preheat oven: 350'
2. Bake 35-40 minutes. Serve with maple syrup and nuts if desired. (See maple syrup recipe.)