

PROTEIN FRENCH TOAST CASSEROLE

Serves 4

INGREDIENTS

- 1 loaf high fiber bread*
- 1 cup frozen blueberries
- 5 eggs
- 1 cup coconut milk
- ¼ cup liquid sweetener (optional)
- 1 tsp. cinnamon
- 1 Tbls. vanilla
- Vanilla Sauce for Topping: ¾ cup plain kefir + 1-2 scoops vanilla protein powder to desired thickness.

INSTRUCTIONS

1. Preheat oven to 350F.
2. Chop bread slices into bite-sized cubes. Place bread cubes and berries in a greased 8x8" baking dish.
3. In a small bowl, whisk together remaining ingredients (not toppings).
4. Pour egg mix over top of bread and berries. Bake for 40-50min.
5. While baking, mix together kefir and protein powder.
6. Let casserole cool for 5-15min after removing from oven and serve with vanilla sauce and more berries if desired.



NOTES

- We love Primal Bakery Protein Bread or Hero Keto Rolls.
- You can use any milk you like, but avoid fat free versions like skim cow milk or almond milk.
- Use any fruit you like!