

Maple Bacon French Toast Casserole

yield: 10 Servings

prep time: 15 minutes

cook time: 45 minutes

total time: 1 hour

This casserole is every breakfast lover's dream. Not only does it taste like delicious French toast (with crispy bacon) but it's also incredibly easy to make to enjoy throughout the entire week!

4.7 Stars (9 Reviews)

Ingredients

- 10 Slices Bread of Your Choice *About 10 Ounces*
- 8 Strips Bacon
- 750g Egg Whites *About 3 Cups*
- 1/2 Cup Milk
- 1 1/2 Tsp Vanilla Extract
- 1/4 Tsp Black Pepper
- 1 Tsp Cinnamon
- 1/3 Cup Sugar-Free (or regular) Maple Syrup

Hands Free Mode:

Prevent screen from sleeping



Instructions

1. Preheat your oven to 350 degrees F.
2. Cook the bacon first. You can use any method you want, but I like to dice up my bacon and then cook it in a pan over medium-high heat until crispy. I find this method goes very quickly, and the bacon is typically ready in under 10 minutes.

Or cut slices into pieces, separate onto baking sheet and bake in 450 degree oven approximately 20 minutes. Once done, drain and set aside.

3. Cut up your bread into cubes. My bread was sliced into 1oz slices, so I used 10 total, but you can use as many as you'd like! Set aside.
4. In a large bowl, whisk together the rest of the ingredients to make your French toast egg mixture. The black pepper is optional, but I love the tiny kick it adds along with the bacon.
5. Spray a 9x13in baking dish with nonstick spray. Add the bread, making sure it covers the entire tray as much as possible. Pour the French toast egg mixture over the entire thing (making sure all the bread gets wet), then top with your bacon. I drizzled a little bit more syrup on top for good measure, too.
6. Bake for 40-45 minutes. Test with a fork to make sure it comes out cleanly to ensure the eggs are cooked through.
7. Let cool for a few minutes, then slice into 8 portions and enjoy with some additional syrup.

Notes

- You can prep this casserole ahead of time: go through the entire process of assembling the casserole, then let it sit in the fridge (covered) overnight. It'll be ready to bake the next morning!
- This recipe is great for meal prep. Slice it up and keep in the fridge throughout the week, then reheat in the microwave or oven to enjoy as an easy breakfast.
- I used egg whites here to keep the calories down and maximize the protein. Don't get me wrong, I love whole eggs and eat them every single day! But when it comes to this casserole, I believe it tastes just as good with egg whites. Feel free to use whole eggs, or a combination of the two, if you prefer.

Nutrition Information

Yield 8 Servings **Serving Size** 1 Slice *Amount Per Serving* **Calories** 165 **Total**
Fat 3g **Carbohydrates** 17g **Protein** 16g