



PENNY'S "OATMEAL DAY" FRENCH TOAST

A breakfast that would make even Sheldon happy!

HCC
**WELLNESS
AT HOME**



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INGREDIENTS

MAKES 6 SERVINGS

- 45 mL/3 Tablespoons butter or margarine
- 8-10 slices whole grain bread, torn into pieces
- 375 mL/ 1 1/2 cups milk
- 6 eggs
- 60 mL/ 1/4 cup brown sugar
- 10 mL/2 teaspoons of vanilla extract
- 10 mL/2 teaspoons ground cinnamon
- 125 mL/ 1/2 cup old fashioned rolled oats
- 60 mL / 1/4 cup chopped walnuts (optional)

INSTRUCTIONS

- 01** In a small microwaveable dish, melt butter; spread evenly over the bottom of a 9"x13" baking dish. Cover with torn bread pieces.
- 02** In a separate small bowl, whisk together milk, eggs, brown sugar, vanilla, cinnamon, oats and walnuts (if using).
- 03** Pour egg and milk mixture over bread pieces - cover and refrigerate for at least an hour (to let bread soak in the liquid) - or overnight.
- 04** When ready to bake, preheat the oven to 350 F and bake for 35-45 minutes (until inserted toothpick comes out clean).
- 05** Let cool and top with maple syrup or fruit if desired.

