

# Strawberry Jumpin' French Toast

Makes: 14 or 56 Servings

14 Servings

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Ingredients	Weight	Measure	Weight	Measure
Bread, whole grain, cubed		14 slices		56 slices
Egg whites		4		16
Milk, 1% (low-fat) 1 cup 2 cups 4 cups 8 cups or fat-free		2 cups		8 cups
Margarine		2 Tbsp		1/2 cup
Strawberries, frozen, plain		8 cups		32 cups
Cottage cheese or yogurt (optional)		2 cups		8 cups

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>135</b>
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	183 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

## Directions

1. Arrange cubed bread on bottom of a lightly greased 9x13 pan.
2. Whisk together eggs, milk and margarine. Pour mixture evenly over bread cubes.
3. Cover with foil and refrigerate overnight.

4. Preheat oven to 350°F. Bake covered for 30 minutes.
5. Thaw strawberries and warm in saucepan.
6. Cut casserole into even servings.
7. Top each serving with 1/2 cup strawberries. Top with cottage cheese or yogurt, if desired.

## Notes

Serving Tips:

Baked French toast casserole can be made with any fruit you like or use nuts to add protein.

**Source:** Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware