

Berry Stuffed French Toast Casserole

Mendocino Style

"This recipe was given to me by my friend Jill Mark. She got it while staying at the Joshua Grindle Inn in Mendocino. It's great for brunch because it's prepared in advance." -Chenoa



French Toast:

12 slices of sourdough bread, remove & discard crust then cube remaining bread

8 oz. lowfat cream cheese, cut into cubes

1 cup fresh or frozen berries, (frozen berries need to be completely thawed)

10 eggs

1/3 cup maple syrup

2 cups lowfat milk

Sauce:

1 cup water

1 cup sugar

2 tbs. cornstarch

1 cup berries, (fresh or thawed frozen)

1 tbs. butter

Butter a 13 x 9 baking dish and spread half of the cubed bread on the bottom. Layer cubed cream cheese on top of bread. Spread berries over cream cheese. Layer the rest of the bread on top. In a bowl, beat eggs maple syrup and milk together. Pour egg mixture over the bread, cream cheese & berries. Cover with foil and press down to ensure the bread is soaked with egg mixture. Refrigerate overnight.

In the morning, preheat oven to 350°F. Bake casserole, covered with foil, for 30 minutes. Remove foil and cook additional 30 minutes, (casserole is done when center is set and top is golden brown). Let stand 10 minutes before slicing.

While the casserole is baking, prepare the sauce. Over medium heat in a saucepan, stir water, sugar, cornstarch and berries until thick, (If you don't want seeds in the sauce, strain the sauce with a fine sieve then return back to stove). Add butter, stirring until melted. Pour sauce over each individual piece of French toast.

