

Baked French Toast w/Maple Sausage

Recipe makes 6 meals

Ingredients

- 32 oz carton Egg Whites
- 14 oz French Bread
- 12 oz Vermont Maple Breakfast Sausage, 14 links
- 3/4 cup Sugar Free Maple Syrup
- 1/2 cup Light Brown Sugar
- 2 Tbsp Vanilla Extract
- 1 Tbsp Butter, melted
- 1 tsp Ground Cinnamon
- Pinch of Salt



Nutrition Profile

- per meal -

Calories - 479

Fat - 13g

Carbohydrates - 58g

Protein - 31g

***Fiber - 1g**

**Estimated Cost
Per Meal**

\$2.25



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Instructions

- 1. In a mixing bowl, add 1/2 cup light brown sugar, 2 Tbsp vanilla extract, 1 tsp ground cinnamon, a pinch of salt, and your carton of egg whites. Mix until all sugar is incorporated. The cinnamon may not mix completely, but that's okay. When done, set aside.**
- 2. Cut or tear your loaf of French bread into bite size pieces, about 1 inch each, and set aside.**
- 3. In a 9x13 casserole dish, add 1 Tbsp of melted butter and coat the bottom of the dish.**
- 4. Add your French bread pieces into the casserole dish.**
- 5. Pour your egg mixture over the French bread and mix it up to ensure all pieces are coated. Set this aside and let your bread continue to soak up the egg mixture while you make your sausage.**
- 6. Heat a large skillet over medium-high heat and cook your sausage links until they have a nice crisp on the outside. When done, remove from heat. Once they are cool enough to handle, chop them up and add on top of your French bread.**
- 7. Place your casserole dish in the oven and cook on 375°F for 30 minutes.**
- 8. When done, cut into 6 pieces and portion out into your meal containers. You can add 2 Tbsp of maple syrup to each meal now or each day before eating.**
- 9. Enjoy!**



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Notes

- **This can be altered to fit your personal preference. You can make it with sausage links, crumbled sausage, bacon, or with no meat at all. For those of you that are tracking macros, the nutrition profile for this recipe without the sausage is listed below.**

Calories - 352

Fat - 3g

Carbs - 56g

Protein - 23g

***Fiber - 1g**

- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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