

Healthy Beginnings Baked French Toast

1/3 cup raisins
4 eggs, beaten
1-loaf *Healthy Beginnings Honey Wheat Bread**
1/4 teaspoon ground cinnamon
1/2 cup orange juice

2 teaspoons vanilla
1-1/2 cup vanilla soy milk
3 tablespoons fructose
1/4 cup maple syrup

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- Soak raisins in juice to plump them.
- In a medium bowl, whisk together soy milk, eggs and vanilla.
- Place bread in large bowl. Pour egg mixture over bread.
- Add raisins along with their soaking liquid and mix with a fork until bread is completely moistened; set aside to soak for 30 minutes (or cover with plastic wrap and refrigerate overnight).
- Preheat oven to 400°.
- Coat an 8-inch square baking dish with cooking spray.
- Spread soaked bread in an even layer in prepared baking dish.
- Combine fructose and cinnamon in a small bowl; sprinkle the mixture over the bread; top with pecans.
- Bake covered with foil for 15 minutes, and uncovered for 20 minutes or until a knife inserted in center comes out clean.

Yields 6 servings. For a delicious change of pace, top with fresh fruit.



Recipe from the Natural Ovens test kitchen