

French Toast Cups

Claudia Lamascolo - "WhatsCookinItalianStyleCuisine.com"
www.CommunityTable.com

Yield: 12 cups

nonstick cooking spray

cubed day-old bread

blueberries

raspberries

sliced green apple

4 eggs

3 teaspoons sugar

1 cup whole milk

1/4 teaspoon vanilla extract

1/2 teaspoon cinnamon

Preheat the oven to 350 degrees.

Line a muffin tin with cupcake liners. Coat the liners with cooking spray.

Fill each liner with a few pieces of day-old bread.

Top with blueberries, raspberries or sliced green apple.

In a bowl, whisk together the eggs, sugar, milk, vanilla extract and cinnamon until well blended. Pour into each cup to cover the bread.

Bake for about 20 minutes, until browned.

Per Serving (excluding unknown items): 500 Calories; 28g Fat (51.3% calories from fat); 33g Protein; 27g Carbohydrate; 1g Dietary Fiber; 881mg Cholesterol; 400mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.