



Glazed Strawberry French Toast Casserole



1/4th of recipe: 296 calories, 8g total fat (4g sat. fat), 499mg sodium, 50g carbs, 7.5g fiber, 14.5g sugars, 24g protein

Prep: 20 minutes **Cook:** 45 minutes

Cool: 10 minutes

More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

Casserole

8 slices light bread
3/4 cup light vanilla soymilk
3/4 cup egg whites or fat-free liquid egg substitute
1/2 tsp. cinnamon
2 cups light/low-fat ricotta cheese
1 tbsp. [Truvia spoonable calorie-free sweetener](#) (or another no-calorie granulated sweetener)
1 tsp. vanilla extract
2 cups sliced strawberries

Glaze

1/4 cup [Truvia spoonable calorie-free sweetener](#) (or another no-calorie granulated sweetener)
1 tsp. cornstarch
1 tbsp. light vanilla soymilk
1 tbsp. [light whipped butter or light buttery spread](#) (like Brummel & Brown)
1 tbsp. lite maple syrup

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Lightly toast bread.

To continue making the casserole, in a medium-large bowl, combine soymilk, egg whites/substitute, and cinnamon. Whisk until uniform.

In another medium-large bowl, combine ricotta, sweetener, and vanilla extract. Stir until uniform.

Thoroughly soak 4 toasted bread slices in the soymilk mixture, and lay in the baking pan, overlapping as needed.

Spread half of the ricotta mixture over the bread. Thoroughly soak the remaining 4 toasted bread slices in the soymilk mixture, and lay in the baking pan, overlapping as needed. Finish layering with the remaining ricotta mixture. Top with strawberries.

Bake until center is firm and cooked through, about 40 minutes.

Let cool slightly, about 10 minutes.

To make the glaze, in a medium microwave-safe bowl, whisk sweetener with cornstarch until uniform. In another medium microwave-safe bowl, combine soymilk, butter, and syrup; microwave for 20 seconds, or until soymilk is hot and butter has melted. Mix well, and add to the sweetener mixture. Vigorously whisk until completely smooth and uniform. Microwave for 1 minute and 20 seconds, or until mixture is fully bubbling.

Immediately drizzle glaze over casserole.

MAKES 4 SERVINGS

HG FYI: Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar *instead* of Truvia, double the amounts called for in this recipe.

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