

Recipe



Raisin-Cardamom Overnight French Toast

Yield: 10 Servings

Ingredients

- 1lb whole-grain bread, diced (1-inch pieces)
- 1 cup raisins
- 8 large eggs
- 3 ½ cups reduced-fat milk
- ½ cup (1 stick) unsalted butter, melted
- 3 Tbsp packed light brown sugar
- 1 Tbsp ground cardamom
- 2 tsp vanilla extract
- ¼ tsp salt
- ¾ cup chopped pistachios

Directions

1. Coat a 9-by-13-inch baking dish with cooking spray.
2. Toss bread and raisins in the prepared pan. Whisk eggs in a large bowl. Add milk, butter, brown sugar, cardamom, vanilla, and salt; whisk to combine. Pour the custard over the bread mixture. Sprinkle with pistachios. Coat a piece of foil with cooking spray and cover the pan, coated-side down. Place another 9-by-13-inch baking dish on top as a weight. Refrigerate for at least 8 hours or up to 1 day.
3. Preheat oven to 350° F. Remove the top baking dish, leaving the foil in place. Let stand at room temperature while the oven preheats.
4. Bake the casserole, covered, for 45 minutes. Uncover and bake until golden, 20-25 minutes more. Let stand for 10 minutes before serving.

Nutrition

Per Serving: Each serving (1 ¼ cups) contains about 418 calories, 16.5g protein, 42.7g carbohydrates, 5g dietary fiber, 20.6g sugars, 21g fat, 9g saturated fat, 180.1mg cholesterol.

Source: easyfood.com.hk/raisin-cardamom-overnight-french-toast.html