

Holiday Morning French Toast

Portions: 9

Serving size: 3' x 4' piece

Ingredients

- ¼ cup brown sugar
- ½ cup unsalted butter, melted
- 3 teaspoons cinnamon, divided use
- 3 large tart apples, peeled, cored and thinly sliced
- ½ cup dried, sweetened cranberries
- 1 loaf of Italian or French bread, cut into ¾" slices
- 6 large eggs
- 1 – ½ cups rice milk, unenriched
- 1 tablespoon vanilla

Preparation

1. In a 13" x 9" baking dish, combine brown sugar, butter and one teaspoon of the cinnamon. Add apples and cranberries; toss well to coat.
2. Spread apple mixture evenly over bottom of the baking dish. Arrange bread slices on top.
3. Mix eggs, rice milk, vanilla and remaining 2 teaspoons cinnamon until well blended. Pour mixture over bread, soaking bread completely. Cover and refrigerate 4 to 24 hours.
4. Preheat oven to 375 °F.
5. Bake covered with foil for 30 minutes. Uncover and bake 15 minutes or until top starts to brown.
6. Remove dish from oven and let stand for 5 minutes
7. Serve warm.

Renal and diabetic food choices: 1 protein, 1 starch, 1 low potassium fruit

Nutrients per serving: 428 calories, 9 g protein, 60 g carbohydrate, 363 mg sodium, 200 mg potassium, 132 mg phosphorus

Adapted from www.davita.com/recipes

DECEMBER 2013 RECIPE OF THE MONTH

