

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

French Toast Casserole

Date:

Nut Topping:

- 2 tbsp Unsalted Butter or coconut oil, melted
- 2 tbsp Brown Sugar
- 1/2 cup Chopped Pecans
- 1/2 tsp Cinnamon

freezermealprep.pro

To Bake:

- If frozen, transfer the casserole to the fridge to thaw overnight.
- Preheat Oven to 375°F
- Add the Topping: Open the plastic bag and sprinkle the nut topping evenly over the casserole.
- Cover with foil and bake for 45 minutes. Remove the foil and bake for an additional 25–45 minutes, or until the casserole is golden and cooked through, reaching an internal temperature of 165°F. (Cook time will vary based on your baking dish and how thawed the casserole is.)
- Serving Suggestions: Drizzle with maple syrup and top with your favorite berries.