

MINI ORANGE-MAPLE FRENCH TOAST BREAKFAST CASSEROLES

Prep Time: 20 minutes
Cook Time: 30 minutes
Makes: 4 servings



WHAT YOU NEED

- 4 oz. mascarpone cheese OR cream cheese, room temperature
- 4 EGGS
- 2/3 cup milk
- 1/3 cup orange juice
- 1/4 cup maple-flavored pancake syrup
- 1/2 tsp. freshly grated orange peel
- 3 cups bread cubes (1 inch) (about 4 slices)

HERE'S HOW

1. **HEAT** oven to 350°F. **WHISK** cheese in medium bowl until smooth. **ADD** eggs, 1 at a time, whisking after each addition until smooth. **STIR IN** milk, orange juice, syrup and orange peel until smooth and blended.
2. **DIVIDE** bread among four greased 10-ounce ramekins or custard cups. **SLOWLY POUR** a generous 1/2 cup egg mixture over bread in each cup; press bread into egg mixture. **PLACE** cups in baking pan.
3. **BAKE** in center of 350°F oven until custards are puffed and knife inserted near centers comes out clean, about 30 minutes.

ENJOY

- Sprinkle with powdered sugar and serve with extra pancake syrup.

INSIDER INFORMATION

- **Mascarpone cheese** is a rich thick creamy cheese from northern Italy, commonly use to make tiramisu.
- **Make ahead:** Casseroles can be assembled the night before and refrigerated, covered. Increase baking time slightly.

NUTRITION INFORMATION

Nutrition information per serving: 345 calories; 20 g total fat; 9 g saturated fat; 1 g polyunsaturated fat; 2 g monounsaturated fat; 250 mg cholesterol; 283 mg sodium; 31 g carbohydrate; 1 g dietary fiber; 12 g protein; 742.5 IU Vitamin A; 35.0 IU Vitamin D; 58.5 mcg folate; 170.0 mg calcium; 2.2 mg iron; 137.6 mg choline.

*This recipe is an **excellent source** of protein and choline, and a **good source** of Vitamin A, folate, calcium and iron.*