

Very Berry Strata

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Yield: 10 Servings

Prep Time: 5 minutes

Total Time: 45 minutes

Makes 9x13 pan or similar sized casserole pan. If you are feeding a large party, then consider this as the perfect solution. This is a baked French toast recipe, filled with a generous serving of YES!Berries strawberries, raspberries and blueberries. You can prepare it the night before you want to bake it, or just an hour if you forgot to plan ahead.

Ingredients:

- 1 package YES!Berries strawberries (340g)
- 1 package of blueberries (170g)
- 1 package of raspberries (170g)
- 1 tsp butter or oil to grease pan
- 8 pieces of bread
- 8 large eggs
- 1 1/8 cup milk
- 1 tsp cinnamon

Directions:

1. Wash and spin dry fruit. Remove hull from strawberries and cut into bite sized pieces. Set aside. Break or cut bread into bite sized pieces. Layer in prepared pan or casserole dish.
2. Whisk eggs with milk and evenly pour over the bread. Combine well.
3. Evenly distribute the fruit over the casserole pan and use your hands to ensure it is incorporated well.
4. Sprinkle with cinnamon and let rest in the fridge for one hour or overnight. If longer than one hour, cover with plastic food wrap to prevent it from drying out.
5. When you are ready to bake, preheat oven to 350°F. Take the prepared strata out of the fridge while the oven comes up to temperature. Bake uncovered for 35-40 minutes until set. Let rest approx. 10 minutes before serving to help the portions keep their shape.
6. If desired, drizzle with maple syrup when serving.



Nutrition Facts:

Serving Size: 10, Servings Per Recipe: 10, Amount Per Serving: Calories 158, Total Fat 5.9g (8% Daily Value), Saturated Fat 2g (10% Daily Value), Cholesterol 152mg (51% Daily Value), Sodium 209mg (9% Daily Value), Carbohydrate 19.1g (7% Daily Value), Dietary Fiber 2.8g (10% Daily Value), Sugars 6.5g, Protein 8g.

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