French Toast Casserole

DELICIOUS!!

Base: Microwave English Muffins

Make **FOUR** in mugs or ramekins

- **Make FOUR**
- **Combine in *each* of four mugs:**
- 1 egg
- ½ tsp. coconut oil
- 2 Tbs. hot water
- **Add**: ¼ c. almond flour
- 1 Tbs. coconut flour
- ¼ tsp. baking soda
- ⅛ tsp. salt

Mix and microwave for two minutes. Tip muffin onto a plate to cool, slice horizontally, then into cubes. Place cubes in buttered 9x13" baking dish. **Preheat oven to 350 degrees.**

- **Combine and sprinkle over bread cubes:**
- 2 tsp. cinnamon, ½ tsp. nutmeg

- **Combine custard ingredients and pour over bread cubes in 9x13" dish:**
- 6 eggs
- ½ c. honey
- 4 Tbs. butter, melted
- ½ c. SCD yogurt
- 1 tsp. vanilla

- **Sprinkle on:**
- 1 c. fresh or frozen blueberries

- **Combine streusel topping and sprinkle evenly over bread and custard mixture:**
- 1 c. ***EACH***: chopped pecans, almond flour, sliced almonds
- 1 tsp. cinnamon, ½ tsp. nutmeg, ¼ c. honey
- 4 Tbs. butter, cut into the mixture

Bake: 40 minutes or until golden.

Notes

Bake until a toothpick inserted in the custard comes out clean. Cool slightly and serve with honey (optional). Also great served cold!

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