

# Pumpkin Spice Glazed French Toast Casserole

*Recipe makes 6 meals*

## Ingredients

- 32 oz carton Egg Whites
- 16 oz Low Fat Cottage Cheese, 1% Milkfat
- 14 oz loaf French Bread
- 1 oz Sugar Free White Chocolate Pudding Mix
- 1 cup Pumpkin Puree, divided
- 1/2 cup Water
- 1/4 cup Light Brown Sugar
- 1/4 cup Chopped Walnuts
- 2 Tbsp Vanilla Extract
- 2 tsp Ground Cinnamon, divided
- 1 tsp Pumpkin Pie Spice, divided
- 1 tsp Ground Nutmeg
- Non-Stick Cooking Spray



## Nutrition Profile

*- per meal -*

**Calories - 417**

**Fat - 5g**

**Carbohydrates - 56g**

**Protein - 32g**

**\*Fiber - 3g**

**Estimated Cost  
Per Meal**

**\$2.12**

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# Instructions

- 1. In a mixing bowl, add 1/4 cup light brown sugar, 1/2 cup pumpkin puree, 2 Tbsp vanilla extract, 1 tsp ground cinnamon, 1 tsp ground nutmeg, 1/2 tsp pumpkin pie spice, and your 32 oz carton of liquid egg whites. Mix well and set aside.**
- 2. Grab a 9x13 casserole dish and spray the bottom and sides with non-stick cooking spray.**
- 3. Tear or cut your French bread into bite size pieces and add them into your casserole dish.**
- 4. Grab your egg mixture and pour it over your French bread. Mix to ensure all of your bread is coated with the egg mixture. There should be no white spots visible once it's all coated.**
- 5. Pop this in the oven on 375°F for 25-30 minutes, or until your egg mixture is cooked through.**
- 6. A couple of minutes before your casserole is done baking, make your glaze. In a blender, or food processor, add 16 ounces cottage cheese, 1/2 cup pumpkin puree, 1 ounce box of pudding mix, 1 tsp ground cinnamon, 1/2 tsp pumpkin pie spice, and 1/2 cup water. Blend until smooth and set aside.**
- 7. When your casserole is done baking, remove it from the oven. Cut into 6 servings and portion out into your meal containers.**
- 8. Depending on whether you plan on eating this cold or reheated, you can either add your glaze and chopped walnuts on top of each meal now, or add the glaze each day after reheating.**
- 9. Enjoy!**



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# Notes

- **If you like your French toast sweet, you can add a little bit of sweetener like powdered sugar or even zero calorie sweetener to your glaze. You can also add a little powdered sugar on top of each serving, or maybe even a syrup of your choice.**
- **Need to bump the protein up a little? You can actually add 1-2 scoops of your favorite vanilla protein powder to your glaze. Just add it into the blender when you are preparing it. You can also serve this with a side of breakfast sausage or bacon!**
- **For the pudding mix, I used White Chocolate flavor. Most sugar free pudding mix will be around the same macros, so feel free to use whatever flavor you prefer or have access to.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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