



# Ashley's Meal Prep Monday!



## Pumpkin French Toast Bake

### INGREDIENTS

2 cups almond milk  
6 eggs  
1/2 cup maple syrup  
1 TSP vanilla bean paste, or vanilla  
1 TSP cinnamon  
1 TSP pumpkin pie spice  
16 oz loaf of pumpkin brioche  
bread, or bread of choice cut into  
cubes

#### Strudel topping:

2/3 cup coconut sugar  
1/4 TSP salt  
1/2 cup GF flour  
1/2 cup melted butter or coconut  
oil



Preheat oven to 475 and prepare a 9x13 inch pan with non stick spray. In a large bowl, combine milk, eggs, syrup, vanilla bean paste, cinnamon and pumpkin pie spice. Whisk until ingredients are fully combined and set aside.

Cut up the entire loaf of bread into one inch cubes and add to the greased pan. Pour the milk mixture over the bread and use a spoon to gently mix, ensuring each piece is coated.

In a small owl, add melted butter, flour, coconut sugar and salt. Mix well until a crumble starts to form then use your hands to crumble the streusel evenly over the french toast.

Cover with foil and bake for 30 minutes. Let cool for 10 minutes and enjoy!!

Recipe: [www.lovelydelites.com](http://www.lovelydelites.com)

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