

Overnight Blueberry French Toast

This overnight breakfast casserole recipe is perfect for busy holiday mornings!

Prep Time	Cook Time	Total Time
25 mins	1 hr	1 hr 25 mins

Course: Breakfast Cuisine: American

Keyword: overnight blueberry french toast, overnight breakfast casserole

Servings: 12 servings Author: Lori Lange



4.70 from 66 votes

Ingredients

FRENCH TOAST:

- 12 slices (about 1 pound) thick, stale Challah bread (one loaf)
- Two 8-ounce packages cream cheese (or mascarpone cheese)
- 1 cup fresh or frozen blueberries (or maybe a little more)
- 12 large eggs
- 2 cups milk
- 1 teaspoon vanilla extract
- 1/3 cup maple syrup

BLUEBERRY SAUCE:

- 1 cup granulated white sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 cup fresh blueberries
- 1 tablespoon butter

Instructions

1. Spray a 9x13-inch baking dish with nonstick spray and set aside.
2. Cut the bread into 1-inch pieces. Place half into the prepared baking dish. Cut the cream cheese (or mascarpone) into cubes (or scoop with a small cookie scoop) and place on top of the bread. Top with the blueberries and then the remaining bread cubes.
3. Whisk the eggs in a large bowl. Whisk in the milk, vanilla and syrup until well combined. Pour over the bread cubes. Cover with plastic wrap and refrigerate overnight (I like to place a book on top of the plastic wrap to sink the bread into the liquid). The next morning remove the pan from the fridge 1/2 hour before baking. Preheat oven to 350 degrees F. Remove the plastic wrap, then cover with foil and bake for 30 minutes. Remove the foil and bake another 25 to 30 minutes, or until the center is set and color is golden.

PREPARE THE BLUEBERRY SAUCE:

1. In a medium saucepan whisk together the sugar and cornstarch. Add the water and bring to a

boil over medium heat. Stir constantly and boil for about 3 minutes. Stir in the blueberries and reduce heat to low. Simmer for about 10 minutes or until the blueberries begin to pop. Stir in the butter until melted. Pour warm sauce over individual servings.

Notes

- I like to use whole milk- it just makes the dish a little bit more decadent all around.
- Mix in chopped fresh, frozen or canned peaches for a peach and blueberry overnight french toast!

Nutrition

Serving: 1serving | Calories: 440kcal | Carbohydrates: 49g | Protein: 13g | Fat: 21g | Saturated Fat: 10g | Cholesterol: 250mg | Sodium: 363mg | Potassium: 267mg | Fiber: 1g | Sugar: 28g | Vitamin A: 985IU | Vitamin C: 2.4mg | Calcium: 160mg | Iron: 2.2mg

recipe found on: <https://www.recipegirl.com/overnight-blueberry-french-toast/>

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