

Blueberry-Orange French Toast

Breakfast or brunch? Here's a make-ahead French toast that keeps everyone happy.

Blueberry-Orange Syrup

- 1/3 cup sugar
- 1 teaspoon cornstarch
- 1/4 cup orange juice
- 2 cups fresh or frozen blueberries

French Toast

- 16 French bread, 1 inch thick
- 1/2 cup orange marmalade
- 6 eggs
- 1 1/2 cups half-and-half
- 1/4 cup sugar
- 1/4 teaspoon ground nutmeg
- 2 teaspoons vanilla
- 1/4 cup margarine or butter, melted

1. In 1-quart saucepan, mix 1/3 cup sugar, the cornstarch and orange juice until smooth; stir in blueberries. Heat to boiling over medium heat, stirring often. Boil 3 minutes, stirring often.
2. Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray. Cut lengthwise slit in side of each bread slice, cutting to but not through other edge. Spread marmalade inside slit. Place in pan. In large bowl, beat eggs, half-and-half, 1/4 cup sugar, the nutmeg and vanilla until well blended. Pour over bread; turn slices carefully to coat. Cover and refrigerate 8 hours or overnight.
3. Heat oven to 425°F. Uncover French toast. Drizzle with melted margarine. Bake 20 to 25 minutes or until golden brown. Serve with Blueberry-Orange Syrup.

Per Serving: Calories 240 (Calories from Fat 80); Total Fat 9g (Saturated Fat 3g); Cholesterol 90mg; Sodium 280mg; Total Carbohydrate 36g (Dietary Fiber 2g); Protein 6g

% Daily Value: Vitamin A 8%; Vitamin C 4%; Calcium 6%; Iron 8%

Exchanges: 2 Starch; 1/2 Fruit; 1 Fat

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