



CHEESY FRENCH TOAST BAKE

Serves 9

INGREDIENTS

- 8 slices of SASKO Low GI Seeded Whole Wheat Brown Bread
- 2 tbsp oil
- 1 medium onion, finely sliced
- 2 cloves garlic, crushed
- 200g spinach, chopped
- 1 cup cheddar cheese, grated
- ¼ cup feta
- 2 cups milk
- 5 eggs
- ¼ tsp salt
- ¼ tsp paprika
- ¼ tsp ground black pepper

Serving suggestion:

Parsley, finely chopped

METHOD

1. Preheat the oven to 180°C and grease a 30x20cm baking dish with grease-spray
2. Cut each slice of the SASKO Low GI Seeded Whole Wheat Brown Bread into smaller cubes, leaving the crust on. Add the bread cubes to a mixing bowl.
3. In a non-stick frying pan, sauté the onions in 2 tablespoons of oil until soft. Add the garlic and spinach and cook until wilted, about 5 minutes.
4. Combine the spinach mix, ¾ cup of the grated cheese and the feta with the bread cubes and tumble this mixture into the prepared baking dish. Set aside.
5. In a large mixing bowl, combine the milk, eggs, salt, paprika and black pepper. Pour the milk mixture over the bread and filling, ensuring that it is well covered.
6. Scatter the rest of the cheese over the top of the French toast bake before placing it in the oven to bake for 25-30 minutes or until golden. **Chef's Tip: Cover the dish with foil if it gets too dark.*
7. Remove from the oven and allow to cool for 5 minutes in the tin. Sprinkle with chopped parsley, cut into squares, serve and ENJOY!

SWEET FRENCH TOAST BAKE

Serves 9

INGREDIENTS

- 12 slices of SASKO Low GI Oats and Honey Flavoured White Bread
- 1½ cups milk
- 6 eggs
- 1 tsp vanilla essence
- ½ tsp ground cinnamon
- ½ cup sugar
- ¼ tsp salt
- ¼ tsp ground nutmeg (optional)

Serving suggestion:

- Fresh berries
- Honey

METHOD

1. Preheat the oven to 180°C and line a 30x20cm baking dish well with grease-spray.
2. Cut each slice of the SASKO Low GI Oats & Honey Flavoured White Bread into smaller cubes, leaving the crust on. Pack the bread cubes in the greased baking dish and set aside.
3. In a large mixing bowl, whisk together the rest of the ingredients until everything is well combined.
4. Pour the milk mixture over the bread pieces and allow it to soak, about 5 minutes.
5. Put the French Toast Bake in the oven and bake for 30-35 minutes until golden. **Chef's Tip: Cover the dish with foil if it gets too dark.*
6. Once baked, remove the French Toast Bake from the oven and scatter fresh berries over the top and a drizzle of honey.
7. Cut the French toast bake in squares, serve and ENJOY!