

Choco Fever Dream

Overnight Blueberry French Toast Casserole

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Casserole Base

- [ ] 1 loaf sturdy bread (sourdough or brioche), cut into 1-inch cubes
- [ ] 2 cups fresh or frozen blueberries
- [ ] 4 large eggs
- [ ] 2 cups whole milk
- [ ] 1/3 cup maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp ground cinnamon
- [ ] Zest of 1 lemon
- [ ] 1/4 tsp salt
- [ ] 2 tbsp melted butter, plus extra for greasing

Topping

- [ ] 2 tbsp brown sugar
- [ ] 1 tsp cinnamon
- [ ] Optional: extra blueberries for garnish

Instructions

1. Grease a 9-x-13-inch baking dish with melted butter; arrange the bread cubes evenly.
2. In a large bowl, whisk eggs, milk, maple syrup, vanilla, cinnamon, lemon zest, and salt until smooth.
3. Gently fold in the blueberries, being careful not to crush them.
4. Pour the custard mixture over the bread, pressing lightly so the cubes absorb the liquid; cover and refrigerate overnight.
5. Preheat the oven to 350°F (175°C). Remove the cover and sprinkle brown sugar and cinnamon evenly on top.
6. Bake for 30 minutes, or until the top is golden and the custard is set; let cool 5 minutes before serving.

Nutrition per serving

420 kcal	12 g	60 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen blueberries, do not thaw; they retain their shape during baking.
- A light drizzle of extra maple syrup just before serving adds a glossy finish.
- For a richer flavor, replace half the milk with heavy cream.