

Introduction :

Prepare to fall in love with breakfast all over again with this Spiced Pumpkin French Toast Casserole. It's the perfect embodiment of autumn in a dish. Imagine the rich flavors of pumpkin pie melded with the comforting embrace of French toast, and you've got this delightful casserole.

Made with love and a touch of fall spices, this recipe is a testament to the coziness of the season. The combination of pumpkin, cinnamon, nutmeg, and cloves creates an aromatic symphony that will fill your kitchen and your heart with warmth.

Whether you're hosting a holiday brunch or simply seeking a weekend treat, this casserole is sure to please. Don't forget to drizzle it with maple syrup and dust it with powdered sugar for that extra touch of sweetness.



Ingredients:

- 1 loaf of French bread, cut into 1-inch cubes
- 4 large eggs
- 1 cup pumpkin puree
- 1 and 1/2 cups whole milk
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1/2 cup chopped pecans (optional)
- 1/4 cup unsalted butter, melted
- Maple syrup for serving
- Powdered sugar for dusting



Directions:

1. Preheat your oven to 350°F (175°C) and grease a 9×13-inch baking dish.
2. In a large skillet over medium heat, cook the breakfast sausage until it's browned and crumbly. Remove it from the skillet and set it aside.
3. In the same skillet, add the sliced mushrooms, chopped onion, and red bell pepper. Sauté until the vegetables are tender, and the moisture from the mushrooms has evaporated, about 5 minutes. Add the minced garlic and cook for an additional minute.
4. In a large mixing bowl, whisk together the eggs, milk, dried thyme, salt, and pepper.
5. Place half of the cubed French bread in the greased baking dish, followed by half of the cooked sausage, half of the sautéed vegetables, and half of the shredded cheddar

cheese. Repeat with the remaining ingredients.

6. Pour the egg mixture evenly over the top of the casserole.
7. Cover the baking dish with aluminum foil and bake for 30 minutes. Then, remove the foil and continue baking for an additional 10 minutes or until the top is golden brown and the eggs are set.
8. Let the breakfast bake cool for a few minutes before serving.

Nutrition Facts: Calories: 389 | Total Fat: 22g | Saturated Fat: 9g | Cholesterol: 253mg | Sodium: 735mg | Total Carbohydrates: 22g | Dietary Fiber: 2g | Sugar: 6g | Protein: 26g