Blueberry Almond French Toast Bake

Ingredients:
- Cooking spray
- 1 whole-wheat baguette (about 18 inches long, 8 ounces), cut into 1-inch cubes
- 8 large eggs
- 8 large egg whites
- 2 cups 1 percent lowfat milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/3 cup pure maple syrup
- 2 cups fresh blueberries
- 1/3 cup sliced almonds
- 2 tablespoons dark brown sugar

Directions:
1. Spray a 9 by 13-inch baking pan with cooking spray.
2. Arrange the bread in a single layer in the baking pan.
3. Whisk together the eggs, egg whites, milk, vanilla, cinnamon and maple syrup.
4. Pour the egg mixture over the bread in the pan, spreading it around so the liquid saturates the bread.
5. Scatter the blueberries evenly on top and sprinkle with the almonds and brown sugar.
6. Cover and refrigerate overnight.
7. Preheat the oven to 350 degrees F. Uncover the baking pan and bake for 40 to 50 minutes.
8. Serve warm, cold or at room temperature.