MAKE CHRISTMAS BREAKFAST SPECIAL

On Christmas morning after all the gifts are opened and before the rush of relatives descends upon the house, many families share a special Christmas morning breakfast. This meal may be a traditional one reserved for this special day, or it may be something your family enjoys on a regular basis. Whatever the case, preparing something the evening before can make for a relaxing Christmas morning, if all you have to do is pop a pan in the oven.

Take a few extra minutes Christmas Eve to put together one of the following Christmas morning treats to savor with your family. Then, sit back with a cup of coffee or tea, relax and have a wonderful holiday.

LITTLE RIVER INN FRENCH TOAST

1 loaf Italian Bread, cut into 1 1/2 inch slices
3/4 cup brown sugar
2 tablespoons corn syrup
1/2 stick margarine
4 eggs or egg substitute equivalent
1 1/2 cup low-fat milk
1 teaspoon vanilla
Vegetable cooking spray

Spray a 13x9x2 inch pan with vegetable cooking spray.

Melt brown sugar, corn syrup and margarine together and pour into 13x9x2 inch pan. Place bread in pan with sides sticking together.

Mix eggs, milk and vanilla together and pour over bread in pan. Cover and place in refrigerator for several hours or overnight.

Bake at 325° for 30 minutes. Scoop out or flip on serving platter.
MAKE-AHEAD BREAKFAST CASSEROLE

6 slices of whole wheat bread, crust removed
1 can sliced mushrooms
5 eggs or egg substitute equivalent
1 1/2 cups low-fat milk
Salt and pepper to taste
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
1/2 - 1 pound turkey sausage, browned (optional)
1/2 cup shredded Swiss cheese
1/2 cup reduced fat sharp cheddar cheese

Spray 13x9-inch casserole dish with cooking spray. Place bread whole or in pieces on bottom of dish. Cover with layers of browned sausage, mushrooms and cheese. Lightly beat eggs, milk, Worcestershire sauce and mustard together, pour over bread.

Make the evening before and store in the refrigerator. The next morning, bake at 350° for 35-40 minutes.

BAKED HOLIDAY OATMEAL

5 cups rolled oats
2 1/2 cups low-fat milk
4 eggs or egg substitute equivalent
1/2 cup honey
1 tablespoon baking powder
1 teaspoon cinnamon
Pinch salt
1 teaspoon vanilla extract
1/2 cup seedless raisins

Mix all ingredients together into an ungreased 13x9-inch baking pan. Bake at 350° for 30 minutes or until golden brown. Assemble the night before and store in refrigerator until ready to bake. Variations: Pour half of the batter in pan and top with fresh or canned sliced fruit. Top with remaining batter. Bake as directed.

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