



## Streusel Topped Blueberry Waffle Casserole

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This Streusel-Topped Blueberry Waffle Casserole is a delicious and nutty breakfast casserole made with thawed waffles, cream cheese mixture, fresh or frozen blueberries, and a cinnamon-spiced custard base. Topped with a crunchy pecan streusel, it is perfect for a hearty breakfast or brunch and can be prepared the night before.

Servings: 12 → 48

PREP TIME

30 MIN

COOKING TIME

40 MIN

TOTAL TIME

1 HRS 10 MIN

### Ingredients

#### WAFFLE MIXTURE

2 pounds cream cheese, softened  
1 cup packed brown sugar, first measure  
60 cut into 1 inch piece, frozen waffles, thawed and  
6 cups fresh or frozen blueberries

#### EGG MIXTURE

32 large egg  
6 cups 2% milk  
1 1/2 cups butter, melted  
1 tablespoon plus 1 teaspoon vanilla extract  
1/2 tablespoon plus 1/2 teaspoon ground cinnamon, first measure

#### TOPPING

2 cups packed brown sugar, second measure  
1 1/3 cups all-purpose flour  
1 tablespoon plus 1 teaspoon ground cinnamon, second measure  
1 cup butter, softened  
2 cups chopped pecan

#### Nutrition

Calories 444, Total Fat 27g, Saturated Fat 12g, Trans Fat 0g, Polyunsaturated Fat 3g, Monounsaturated Fat 8g, Cholesterol 174mg, Sodium 519mg, Total Carbohydrates 37g, Dietary Fiber 1g, Sugar 16g, Protein 11g, Vitamin A 1380IU, Vitamin C 0mg, Calcium 294mg, Iron 3mg, Phosphorous 136mg, Potassium 166mg

### Cooking instructions

1. Gather all ingredients and equipment.

CCP: Wash your hands with warm water and soap for at least 20 seconds

CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.

2. Thawing CCP: Defrost waffles in the refrigerator or in the microwave. Food thawed in the microwave should be cooked immediately.

3. Prep blueberries as directed above.

CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.

4. WAFFLE MIXTURE: In a bowl, beat cream cheese and first measure of brown sugar until blended.

5. Place half of the waffle pieces in a greased baking dish.

6. Drop cream cheese mixture by tablespoonfuls over waffles.

7. Layer with blueberries and remaining waffles.

8. EGG MIXTURE: In a bowl, whisk eggs, milk, melted butter, vanilla and first measure of cinnamon until blended; pour over waffles.

9. Cover, label, date and refrigerate overnight.

CCP: Refrigerate at 40° F (4°C) or below.

10. Preheat the oven to 350°F (180°C) conventional/325°F (160°C) convection. Remove the casserole from the refrigerator while the oven heats.

11. TOPPING: In a bowl, mix the second measure of brown sugar, flour and the second measure of cinnamon; cut in butter until crumbly. Stir in pecans. Sprinkle topping over top of the casserole. \*NOTE: Reserve portions without topping for the Soft/EC7 diet.

12. Bake, uncovered, 40-45 minutes (¼ less time convection) until set, top is golden and to the stated CCP temperature.

CCP: Cook to a minimum internal temperature of 165 °F (74°C).

13. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

### Serving instructions

Serve 1 each (3 x 3 inch square) using a spatula for approved diet types and textures.

\*\*DIET TYPES\*\*

Diabetic (CCHO): YES

Heart Healthy/Cardiac: Scrambled Eggs AND Belgian Waffle OR frozen waffle

topped with blueberries

Low Sodium: YES

Vegetarian: YES

Gluten Free: Scrambled Eggs AND GF Pancakes OR refer to Gluten Free Tip Sheet for products

**\*\*TEXTURES & CONSISTENCIES\*\***

FF: YES, cut up

EC7/Soft: YES, omit topping

SB6: Soft & Bite Sized Scrambled Eggs AND See IDDSI Bread Collection

MM5: Minced & Moist Scrambled Eggs AND See IDDSI Bread Collection

PU4: Pureed Scrambled Eggs AND See IDDSI Bread Collection

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**Allergens**

egg, milk, tree nuts, gluten, lactose, wheat

**Notes**

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.24.26.

**Equipment**

mixing bowls, baking dish, whisk, spatula

**Tags**

spatula, whisk, baking dish, mixing bowls, hot hold, ec7, easy to chew, easy, regular, soft, finger food, low sodium, diabetic, vegetarian, tka, brunch, fruit, taste of home, entree, entree/main dish, breakfast

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