

# Ingredients



1 package cinnamon rolls frozen (12 rolls in a package), cut into quarters  
4 eggs  
1 cup milk  
3 tbsps sugar  
1 1/2 tsp vanilla  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
cream cheese frosting from cinnamon roll package

# Cinnamon Roll french Toast Bake



## Instructions

- In a medium casserole or baking dish (we used 9x13), spray with non-stick cooking spray. Cut the frozen cinnamon rolls into quarters, and evenly spread into the bottom of the baking dish.
- In a medium bowl, combine the eggs, milk, sugar, vanilla, cinnamon and nutmeg. Whisk together well, and pour over the cinnamon roll pieces. Cover the baking dish with plastic wrap and refrigerate overnight, at least 6-8 hours. Rolls will begin to thaw and rise.
- Preheat oven to 375 degrees. Remove the plastic wrap and bake the French toast for 35-40 minutes or until the rolls are well browned on top.
- Remove from oven and frost with the cream cheese frosting from the cinnamon roll package (if desired). You can also top with your favorite syrup.

