Ricotta & Peach Baked French Toast Casserole

Nutrition Naturally Forever

◑ LAST QUARTER | SUPPORT

As the Moon begins to wane, our focus turns towards **Support**.

This mirrors the luteal phase, the time after ovulation when progesterone rises before falling again towards menstruation.

It's also a point in the cycle when appetite can naturally increase and comforting, carbohydrate-rich foods can suddenly become much more appealing.

Instead of treating that hunger as a lack of willpower, the Menopause Moon Kitchen asks a different question:

What if your body is simply asking to be nourished?

During perimenopause, hormonal fluctuations can make these signals feel less predictable.

After menopause, progesterone production is dramatically lower than during our reproductive years, but the body still produces small amounts. Our goal isn't to "boost progesterone" with one magical food. It's to create a well-nourished, lower-stress environment that gives the body the resources it needs.

And that's why **Ricotta & Peach Baked French Toast Casserole** belongs in Support Week.

Wholegrain bread provides satisfying carbohydrates and fibre, while eggs and ricotta add protein and fats. Together they create a much more balanced and satisfying breakfast than carbohydrates alone.

Eggs and dairy also contribute B vitamins, including B2 and B12, while ricotta provides calcium, nutrients involved in normal energy metabolism, muscle function and nervous-system health.

Peaches bring fruit, colour and additional plant compounds to the dish.

Most importantly, this recipe reminds us that nourishing food doesn't always have to look like a green smoothie or salad.

French toast can belong in a nourishing menopause diet too.

 Moon Kitchen Tip: During Support week, notice whether you're trying to override your hunger. Instead, build meals around **protein + carbohydrates + healthy fats + fibre** and see how different it feels to finish a meal genuinely satisfied. **Nourish, don't punish.**

Ready to make healthy eating feel effortless?

Imagine opening your cupboards knowing you always have the ingredients to create nourishing meals.

Download The **Menopause Pantry Guide for FREE** and discover:

✔ The Menopause Pantry Principles
✔ A practical pantry checklist
✔ Tips to help you thrive through menopause with real food

 Get instant access

Ricotta & Peach Baked French Toast Casserole

7 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 375ºF (190ºC).
2. In a bowl, whisk together the eggs, ricotta cheese, cinnamon, and maple syrup. Add the bread and peaches. Gently stir to combine.
3. Pour the mixture into a deep baking dish. Bake in the oven for 25 to 30 minutes or until the egg has set.
4. Remove from the oven and let cool for five minutes. Dust the icing sugar on top using a sifter, and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is approximately 1 1/3 cups. A 6 x 4 inch deep baking dish was used to make two servings, with one serving being about half of the dish.

More Flavor
Nutmeg and blueberry.

Ingredients

4 Egg

248 grams Ricotta Cheese

650 milligrams Cinnamon

13 grams Maple Syrup

4 slices Whole Grain Bread (cubed)

2 Peach (medium, sliced)

3 grams Icing Sugar

Nutrition

Amount per serving

Calories	629	Vitamin D	94IU
Fat	26g	Vitamin E	3mg
Carbs	66g	Vitamin K	7µg
Fiber	9g	Thiamine	0.3mg
Sugar	24g	Riboflavin	1.1mg
Protein	34g	Niacin	5mg
Cholesterol	433mg	Vitamin B6	0.6mg
Sodium	594mg	Folate	111µg
Potassium	900mg	Vitamin B12	2.0µg
Vitamin A	1582IU	Phosphorous	607mg
Vitamin C	10mg	Magnesium	116mg
Calcium	415mg	Zinc	4mg
Iron	4mg	Selenium	65µg

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