



Maple Apple French Toast Bake

Source: *New School Cuisine*

Servings

6

Ingredients

1/2 lb apples
1/2 loaf of whole grain bread
6 eggs, or 2 cups of liquid eggs
2/3 cup low-fat milk
3 Tbsp maple syrup, or brown sugar
1/2 tsp ground cinnamon
Pinch of ground nutmeg
1/8 tsp salt



Preparation

1. Coat baking dish with cooking spray.
2. Core apples and cut each into 8 wedges.
3. Cut bread into 1-inch cubes.
4. Lightly beat eggs in a large bowl. Add milk, about 2/3 of the maple syrup (or brown sugar), cinnamon, nutmeg, and salt; whisk to combine. Stir in apple slices, then fold in the bread.
5. Divide mixture evenly between the prepared pans. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6-8 hours or overnight.
6. Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F.
7. Bake for 30 minutes. Remove foil and parchment and rotate the pans end to end. Sprinkle remaining brown sugar (or drizzle remaining maple syrup) on top of each pan. Return to oven and bake uncovered for 20 minutes or until set on top and the internal temperature reaches 165°F.



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