

BAKED APPLE FRENCH TOAST

Serves 12



INGREDIENTS

- 1 1/2 lbs whole grain bread, cubed
- 1 lb apples chopped
- 3 cups liquid egg
- 2 cups low-fat milk
- 1 1/2 cups brown sugar
- 1 cup unsweetened applesauce
- 1/4 cup powdered sugar
- 1 tbsp cinnamon

DIRECTIONS

1. Cube bread and arrange in a casserole dish. Any leftover whole grain bread will work.
2. Dice apples and add to the bread. Apples may be peeled or unpeeled.
3. Whisk together eggs, milk, applesauce, cinnamon, vanilla and 1/2 c brown sugar.
4. Pour liquid over bread and apples in baking dish. Top with remaining brown sugar.
5. Bake at 350° for 35-50 minutes or until set in the middle.
6. Dust with powdered sugar before serving and enjoy!