

North Carolina Apple Growers Association
Apple Recipe Contest
Monday, October 16, 2017

First Place: Jackie Boegel, Raleigh

Baked Apple French Toast

4 cups day-old whole grain bread, cubed
5 large eggs
1 ½ cups milk
1 tsp. vanilla
1 ½ tsp. cinnamon, divided
1/8 tsp. ginger
1/8 tsp. nutmeg
¼ tsp. cloves
5 Tbsp. coconut palm sugar
2-3 apples, cored, peeled and sliced into wedges
2 Tbsp. butter
¼ cup brown sugar

Preheat oven to 375 degrees and grease a 9 x 9 baking pan.

Add bread cubes to the baking pan.

In a medium bowl whisk; eggs, milk, vanilla, ½ tsp. cinnamon, ginger, nutmeg, cloves and coconut palm sugar. Pour over the bread, pushing the bread down to soak up the liquid.

In a large skillet over medium-low heat, add the apples and butter. Sprinkle with 1 tsp. cinnamon, stir and cover to steam for about 3 minutes. Sprinkle with brown sugar. Continue cooking with cover off until tender and slightly caramelized (you don't want them to get mushy). Remove from heat to cool slightly. Spoon caramelized apples over the bread.

Bake on center rack for 20-30 minutes. Knife inserted in the middle should be dry. Remove from oven. Drizzle with maple syrup.