



## ***Baked Apple French Toast***

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

3 cups nonfat milk  
10 large eggs, slightly beaten  
1/4 cup honey  
1-1/2 teaspoons vanilla extract  
1/4 teaspoon salt  
1 pound sliced whole grain oatmeal bread  
2 large apples, chopped (2 cups)  
1/2 cup golden raisins  
1-1/2 teaspoons ground cinnamon  
1-1/2 teaspoons ground nutmeg  
1 tablespoon powdered sugar  
Maple syrup (as desired)

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### ***Directions***

Whisk milk, egg, honey, vanilla, and salt in a large bowl. Trim crusts from 8 slices of bread. Reserve 'crustless' slices. Cut crusts and remaining bread into 1-inch pieces. Toss with apples, raisins, cinnamon and nutmeg. Coat a 9 x 13 inch baking pan with cooking spray. Transfer bread mixture into pan. Lay the reserved 'crustless' bread on top (trim to fit, if needed). Whisk the milk mixture and pour over the bread, to get evenly moist. Cover with parchment and then foil and refrigerate for at least 8 hours (up to 24 hours). Preheat oven to 350 degrees. Bake, covered, for 40 minutes. Uncover and continue baking until puffed, set and slightly browned (about 20 minutes more). Let stand out of oven for 10 minutes. Dust with powdered sugar and serve with maple syrup. YUMMY!

Recipe adapted from [www.eatingwell.com](http://www.eatingwell.com)