

Baked Apple French Toast

This baked breakfast dish is a cross between bread pudding and traditional French toast. It's an especially festive dish — our Kids Advisory Board member Thomas tested it and wrote, "My dad said it would make a great holiday breakfast."



PREP TIME

45 mins

TOTAL TIME

1 hr 30 mins



SERVINGS

6 -8 Servings

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Aluminum foil
- Measuring spoons
- Measuring cup
- Large bowl
- Whisk or fork
- Medium-sized ovenproof skillet
- Heatproof spatula
- Pot holders

INGREDIENTS

- 1 teaspoon vegetable oil
- 6 large eggs
- 5 1/2 cups milk
- 2 tablespoons maple syrup
- pinch kosher salt
- 8 slices whole-wheat bread
- 2 tablespoons unsalted butter
- 3 apples

2 teaspoons ground cinnamon

INSTRUCTIONS

1. Turn the oven on and set the heat to 375 degrees. Use the oil to grease the aluminum foil and set it aside.
2. Put the eggs, milk, maple syrup, vanilla extract, and salt in the bowl and, using the whisk or fork, mix well. Add the bread cubes and push the cubes down until the bread has soaked up most of the liquid, about 2 minutes. Set aside to finish soaking while the apples are cooking.
3. Put the skillet on the stove and turn the heat to medium-low. Add the butter and, when it has melted, add the apples and cinnamon. Cook until the apples are tender and caramelized, about 7 minutes.
4. Put the bread mixture on top of the apples and, using the spatula, press down so that the mixture is flat. Carefully cover with the aluminum foil (the skillet will be hot, so this is a job for an adult).
5. Once the oven temperature has reached 375 degrees, put the skillet in the oven and bake until the mixture is set, about 45 minutes.
6. Serve right away, drizzled with maple syrup.

NOTES

OR ELSE Prepare this the night before and then bake it in the morning. Simply follow the recipe through step 4, then refrigerate overnight. In the morning, turn the oven on and set the heat to 375 degrees, then proceed with the rest of the recipe.

WHERE IN THE WORLD? You might think that they call French toast just plain toast in France, but they don't! They call it pain perdu, which means "lost bread," because it's a way to use up a loaf that's gone stale.

DID YOU KNOW? If you use stale bread when you make French toast, it will soak up the egg mixture more easily. If your bread is fresh, lightly toast it first.