



## Apple Cinnamon French Toast

### Ingredients:

- 5 cups peeled, cored apples
- ½ cup sugar, granulated
- 1 tsp. cinnamon, ground
- ½ tsp. allspice, ground
- 3 Tbsp. cornstarch
- 12 slices whole wheat bread
- 5 large eggs
- ¾ cup low-fat/fat-free milk
- 1 tsp. cinnamon, ground

### Instructions:

- 1) Combine first 4 ingredients in a large pot. Cook apples, sugar, cinnamon, and allspice until apples are tender. Mix cornstarch with about 2-3 tsp. cold water to make a paste and stir slowly into hot apple mixture. Place thickened apples into a 9 X 13 pan that has been lightly coated with cooking spray.
- 2) Mix eggs, milk, and cinnamon in a bowl. Dip bread into this mixture and lay it on top of the thickened apples.
- 3) Cover with plastic wrap and store in the refrigerator overnight.
- 4) Preheat oven to 350 degrees. Remove plastic wrap from bread and apple mixture. Cook in a heated oven for 30 minutes or until golden brown.
- 5) Remove from oven, dust with powdered sugar and serve warm.

**YIELD: 12 servings (1 slice with topping)**

### Getting kids cooking:

- Invite children to help make breakfast the night before.
- Kids can help mix the apples, dip the bread, and sprinkle the powdered sugar before serving.

### Options & substitutions:

- Dish can be baked the night before and microwaved in individual portions.
- Other fresh or canned fruits can be substituted for apples, including pears and peaches.
- Egg substitutes may be used instead of whole eggs. Three whole eggs and 4 egg whites can be used instead of the whole 5 eggs.

### Nutrition Analysis

Serving: 1 slice + topping	Total Carb: 39.3 g
Calories: 207	Dietary Fiber: 2.7 g
Total Fat: 2.9 g	Sodium: 245 mg
Calories from Fat: 12.9%	Protein: 7.1 g
Saturated Fat: 0.8 g	Calcium: 52.3 mg
Trans Fat: 0.0 g	Iron: 1.7 mg

### Source:

Hellgate Elementary School Foodservice,  
Missoula, Montana