

Apple French toast casserole recipe

Serves 8

Prep time: 15 minutes | Cook time: 45 minutes | Total time: 1 Hour

Ingredients:

- 6 cups day-old whole-grain bread, cut into cubes
- 6 large eggs
- 2 cups almond milk (you can also use regular 2 percent milk or skim milk)
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 4 apples, cored and thinly sliced into wedges (I don't peel mine, but feel free to do so)
- 2 tablespoons butter
- 1/2 cup light brown sugar, divided
- Honey, maple syrup and/or whipped cream for garnish (all optional)

Directions:

1. Grease a 9 x 13-inch casserole dish with cooking spray.
2. Add bread to the casserole dish and arrange in an even layer. Set aside.
3. In a mixing bowl, combine the eggs, milk, cinnamon and 1/4 cup light brown sugar; whisk until thoroughly combined.
4. Pour the milk mixture over the bread and use your hands to push the bread down to soak up all the liquid. Set aside.
5. Melt the butter in a large skillet.
6. Add the apples and sprinkle them with cinnamon and a 1/4 cup of light brown sugar; cook over medium-low heat for 5 minutes, or until tender, stirring frequently.
7. Remove from heat and transfer the apples to over the top of the bread and push them down.
8. At this point, you can either cover the casserole with foil and place it in the fridge, or you can bake it right away.
9. When ready to bake, preheat the oven to 375 degrees F.
10. Bake uncovered for 45 to 50 minutes, or until golden brown and the egg mixture is set. If it's still jiggly wet, bake for an additional 7 to 8 minutes.
11. Remove from oven and let stand for a few minutes.
12. Cut and serve immediately.
13. Optionally, top each slice with honey, maple syrup and/or whipped cream.

