

Cinnamon Apple French Toast

Slices of bread drenched in spiced egg, toasted and served with a cinnamon apple topping

Yield:

8 slices with topping (about 4 servings)

Ingredients:

Apple topping:

4 cups sliced peeled cooking apples (about 3 large apples)

1 1/2 cup water, divided

1 cup sugar*

1/4 teaspoon nutmeg

1 teaspoon cinnamon

3 tablespoons cornstarch or Clear Jel

1 tablespoon lemon juice, optional (use if apples aren't tart)

French toast:

8 slices bread

7 eggs

1 teaspoon cinnamon

1/4 teaspoon nutmeg

Instructions:

1. Place apples in a saucepan with cinnamon, nutmeg, and one cup of the water. Cover, bring to a boil, and simmer for 5 minutes or until apples are tender (but not mushy!).

2. In a mixing bowl, whisk together the sugar and cornstarch. Add the remaining half cup of water, along with the lemon juice if using. Whisk until smooth. Add to boiling apples and cook and stir for one minute or until thickened.

3. Pre-heat and lightly oil a large skillet or griddle. Beat

eggs, cinnamon, and nutmeg. Dip slices of bread into the egg mixture and then fry/toast on the griddle until bread is hot and the egg is completely cooked, flipping once during cooking.

4. Serve apple topping over hot slices of french toast.



This recipe is from Tammy's Recipes.