

Baked French Toast

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Ingredients

1 large loaf French bread
6 eggs
1 1/2 cups skim milk
1/3 cup white sugar
1 tablespoon vanilla extract
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
2 tablespoons white sugar
6 medium size apples – peeled, cored, sliced
1/2 cup white sugar
1/4 cup all-purpose flour
1/2 cup margarine, melted
1/2 cup brown sugar
1/2 cup skim milk
2 teaspoons vanilla extract

Directions

Cut bread into 1 1/2 inch thick slices and place in a lightly greased 9×13 inch baking pan. In a large bowl, combine eggs, 1/2 cup white sugar, 1 1/2 cup skim milk and 1 tablespoon vanilla; beat well.

Pour egg mixture over bread slices. Place apple slices on top of bread. Sprinkle apples and bread with cinnamon, nutmeg and 2 tablespoons white sugar. Cover and refrigerate overnight.

In the morning: Preheat oven to 350 degrees F (175 degrees C). Bake toast in preheated oven until golden brown, about 1 hour.

Meanwhile, combine 1/2 cup white sugar, 1/4 cup flour, 1/2 cup brown sugar, 1/2 cup skim milk and 2 teaspoons vanilla in a small saucepan; stir well and cook until thick. Serve French toast hot with warm sauce.