

# APPLE MAPLE FRENCH TOAST



## INGREDIENTS

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- 2 eggs
- 2/3 cup milk
- 1/4 tsp vanilla extract
- Pinch ground cinnamon
- 4 slices bread
- 1 tb butter, plus more for serving
- 2 apples, peeled and sliced
- 2 tb water
- 1/4 cup maple syrup



## METHOD

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1. Whisk the eggs, milk, vanilla, and a pinch of ground cinnamon in a bowl.
2. Add the bread in a single layer, turning until all the egg is absorbed.
3. Meanwhile, heat a large frypan over medium heat, melt 1 tb butter, and add apples, stirring to coat until starting to caramelize.
4. Add the water, cooking until water has evaporated and apples are tender, about 4 minutes.
5. Pour in the maple syrup and a dash of ground cinnamon; simmer for a minute to combine.
6. In a large, heated non-stick frypan, melt about 1 tb of butter and sauté the soaked bread until golden brown on each side, about 4 minutes.
7. Place French toast on a plate and top with apple-maple mixture.