

Food Babe's Cinnamon Raisin French Toast Crunch



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	40 mins	50 mins	6

<https://foodbabe.com/cinnamon-raisin-french-toast-crunch>

Ingredients:

- 10 slices cinnamon raisin bread
- 1 ½ cups almond milk (nut allergy: use coconut milk)
- 6 large eggs
- 2 apples, thinly sliced
- ½ cup walnuts, chopped and toasted
- 1 tablespoon pure vanilla extract
- ¼ teaspoon sea salt
- ¼ teaspoon nutmeg
- 1 teaspoon cinnamon
- 2 tablespoons maple syrup - grade B, to taste
- 2 tablespoons grassfed organic butter, melted
- 1 tablespoon grassfed organic butter

Instructions:

1. The night before, in a bowl beat eggs, milk, vanilla, sea salt, nutmeg and cinnamon together.
2. Coat inside of a medium sized baking dish (9 inches) with butter or oil.
3. Place 5 slices of bread down into dish (breaking up pieces to fit in every nook and cranny)
4. Top layer with half of egg mixture
5. Layer ¼ cup of walnuts and one of the sliced apples on top
6. Then repeat this process ending with apples and walnut on top
7. Refrigerate dish overnight or at least 8 hours
8. In morning, when ready to bake, preheat oven to 350° F.
9. Bake dish for 30-40 mins covered with aluminum foil
10. Serve with hot maple syrup mixed with melted butter or coconut oil

Notes:

- Please choose all organic ingredients if possible