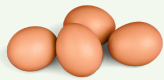




Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Egg



Milk



Maple Syrup



Apple



Whole Wheat Bread

Maple Apple French Toast Bake

Adapted from Vermont New School Cuisine

Serves 4-6

Ingredients

6 large
 ¾ Cup (175 mL)
 2 Tbsp (30 mL)
 ½ tsp (2 mL)
 ¼ tsp (1 mL)
 ⅛ tsp (0.5 mL)
 ½ lb (225 g)
 ½ lb (225 g)
 1 Tbsp (15 mL)

Eggs

Milk

Maple syrup

Ground cinnamon

Ground nutmeg

Salt

Apples, peeled or not, cut into thick slices

Whole wheat bread (about 8 slices), cut into 1 inch pieces*

Maple syrup

*Note: You can also use saved bread ends and buns, or even English muffins and bagels.

Directions

Note: Wash all produce well. **Start this recipe the day before.**

1. Butter a 9" x 13" pan or spray with cooking spray.
2. In a large bowl, whisk eggs, milk, 2 Tbsp (30 mL) maple syrup, cinnamon, nutmeg, and salt. Stir in the apple slices and the bread. Combine thoroughly, then spread into the pan.
3. Cover the pan with lightly sprayed or oiled parchment paper, then foil. Refrigerate overnight.
4. Before baking, let the bake stand at room temperature for 30 minutes while you preheat the oven to 350°F (175°C). Bake for 25 minutes, then remove the cover and bake for another 20 minutes, until internal temperature reaches 165°F (74°C).
5. Drizzle the French toast bake with 1 Tbsp (15 mL) maple syrup. Cut into squares and serve warm.

Bonus Recipe: Apple Blueberry Sauce

Ingredients

1 lb (454 kg)
 ¼ Cup (60 mL)
 ¾ tsp (4 mL)

Apples, seeded and chopped (no need to peel)

Fresh or frozen **blueberries**

Vanilla

Directions

1. Put the chopped apples in a large empty pot.
2. Cover and cook on low until moisture starts to come out of the apples, then increase the heat to medium and cook until soft.
3. Add the blueberries and remove from the heat.
4. Cool the mixture slightly, then purée apples with a food processor, immersion blender or blender. Stir in vanilla.



Note from the Authors

"This is a delicious, easy and affordable meal with the familiar flavours of French toast and apple pie. It may look a little different than regular French toast, so encourage kids to try it with the excitement of a fruit salad bar!"

- Jenny & Rosie

Create Your Plate!

Veg It Up

Add mashed sweet potato, squash or dried cranberries in Step 2 for extra colour, fiber and flavour.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style. Choose from seasonal local fruit or use some frozen and imported fruit in winter. Supply small bowls for fruit to control portion sizes and make it affordable.

- ★ **Fruit sauce**
- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries**
- ★ **Dried blueberries**
- ★ Imported fruit such as bananas, mango, kiwis, oranges, grapes, starfruit



Apples



Pears



Peaches



Blueberries



Raspberries



Blackberries



Strawberries



Yogurt



Seeds or granola



Dried cranberries



Dried blueberries