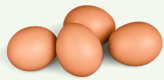




Green for Go Local

.....
 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

Yield: 48 Elementary School servings

Ingredients

- 50 large **Eggs**
- 5 cups (1.25 L) **Milk**
- 1 cup (250 mL) **Real maple syrup**
- 4 tsp (20 mL) Ground cinnamon
- 2 tsp (10 mL) Ground nutmeg
- 1 tsp (5 mL) Salt
- 3 lb (1.3 kg) **Apples**, peeled or not, cut into thick slices
- 4 lb (1.8 kg) **Whole wheat bread**, cut into 1 inch pieces*
- ½ cup (60 mL) **Real 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.**

Day Before:

1. Butter two 4-inch deep full hotel pans or spray with cooking spray.
2. In a large bowl, whisk eggs, milk, 1 cup (250 mL) maple syrup, cinnamon, nutmeg, and salt. Stir in the apple slices and the bread. Combine thoroughly, then divide between the two pans.
3. Cover each with lightly sprayed or oiled parchment paper, then foil. Refrigerate overnight.

Day Of:

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 30 minutes, then remove the covers and rotate pans. Bake for another 20 minutes, until internal temp reaches 165°F (74°C).
5. Drizzle each pan with ¼ cup (60 mL) maple syrup. Cut each pan into 24 squares and hold warm.



Equipment

- Large bowl
- 2 full-size hotel pans

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

Bonus Recipe: Apple Blueberry Sauce

Ingredients

10 lb (4.54 kg) **Apples**, seeded and chopped (no need to peel)
 2 cups (500 mL) Fresh or frozen **blueberries**
 2 Tbsp (30 mL) 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.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking!

- ★ **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

Tips & Tricks

Leftovers

Leftover French Toast Bake can be frozen. Defrost and warm to 165°F (75°C) to serve.

Swap In

Swap in berries or diced peaches for the apples, or omit fruit in recipe and serve on the side.

Veg It Up!

Add mashed sweet potato, squash or dried cranberries in Step 2 to add colour, fiber and flavour to this dish.