

Baked Apple Cinnamon French Toast

Whisk almond milk, egg whites, raw honey, vanilla and salt in a large bowl.

Trim crusts off 8 bread slices and set aside. Cut the crusts and the remaining bread into 1-inch pieces. Toss with dried apples, raisins, cinnamon and nutmeg in another large bowl. Coat a 9-by-13-inch baking pan with cooking spray. Transfer the bread mixture to the pan. Lay the reserved crustless slices evenly on top, trimming to fit. Whisk the milk mixture one more time, then pour evenly over the bread. Press the bread down with the back of a wooden spoon, making sure it's evenly moist. Cover with parchment paper, then foil, and refrigerate for at least 8 hours or up to 24 hours.

Preheat oven to 350°F.

Bake the casserole, covered, for 40 minutes. Uncover and continue baking until puffed, set and lightly browned, about 20 minutes more. Let stand for 10 minutes.

I love cinnamon! I put it on my roasted sweet potatoes and feel like I'm splurging on super deliciousness. Luckily cinnamon is a great spice to add to our diet regimen. It has antioxidants, calcium, fiber, and manganese. Here are just some of the areas cinnamon is said to be helpful in:

- Helping to lower cholesterol
- Helping to stabilize blood sugar
- Anti-viral, anti-microbial, & anti-fungal
- Energizing & immunity building
- Aids in carb & fat metabolism (because of the manganese)

I found this amazing recipe for baked apple-cinnamon french

toast on www.eatingwell.com. Our modifications were the Ezekiel bread and the almond milk. Let us know how you like it!