

# Apple-Cinnamon Baked French Toast

- Neutral oil, such as canola or grapeseed, or nonstick cooking spray
- 13 ounces whole-grain bread, such as a boule, cut into 3/4-inch dice (8 cups)
- 2 medium Golden Delicious apples (1 pound total), cored and cut into 1/2-inch dice
- 8 large eggs
- 2 cups milk (any fat percentage or nondairy)
- 2 tablespoons maple syrup, plus more for serving
- 1 1/2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon, divided
- 2/3 cup (2 3/4 ounces) finely chopped pecans
- 2 tablespoons dark brown sugar
- Pinch fine salt

## Step 1

Grease a 9-by-13-by-2-inch baking dish with oil or cooking spray. Place the bread and apples in the dish, and toss to combine. Redistribute the mixture evenly around the dish.

## Step 2

In a large bowl, whisk together the eggs, milk, maple syrup, vanilla and 1/2 teaspoon of the cinnamon until well combined. Pour the egg mixture evenly over the bread and apples, ensuring the liquid saturates the bread. Cover and refrigerate overnight, or for up to 12 hours.

## Step 3

When ready to bake, position a rack in the middle of the oven and preheat to 350 degrees.

## Step 4

In a small bowl, toss together the pecans, brown sugar, salt and remaining 1/2 teaspoon cinnamon until combined. Uncover the dish and sprinkle the pecan mixture evenly over the top. Bake, uncovered, for 35 to 45 minutes, or until the internal temperature of the mixture reaches 160 degrees on an instant-read thermometer, the eggs are set, and the top is crisped and nicely browned. Let sit for 5 to 10 minutes. Divide among individual plates and serve warm, with additional maple syrup for drizzling.

