



Oven Baked French Toast with Red Apple Balsamic Syrup

Prep Time: 15 minutes
Cook Time: 45 minutes
Servings: 8

Ingredients

butter for greasing pan	1 C half and half
1 French baguette (approximately 1 pound)	1 C low fat milk
3 Gala apples, peeled, cored and thinly sliced	2 T brown sugar
1 Bosc pear, peeled, cored and thinly sliced	1 t vanilla
juice of ½ a lemon	1 t cinnamon
½ C raisins	½ t nutmeg
8 large eggs	pinch of sea salt

Directions

Generously butter a 9x13 baking dish. Slice baguette into 1-inch slices. Arrange bread slices in baking dish, overlapping to fill in any spaces. In large bowl, add apples and pears and sprinkle with lemon juice. Toss to coat. Evenly scatter apple slices, pears and raisins over bread slices. Tuck some in between bread slices as well.

In a large bowl, combine eggs, half and half, milk, sugar, vanilla, cinnamon, nutmeg and salt. Whisk vigorously until well blended. Pour egg mixture over bread and fruit being certain to evenly cover the bread slices. Cover tightly with foil and refrigerate overnight.

Preheat oven to 375°. Bake, covered, for 35 minutes. Uncover and bake for an additional 10 minutes or until golden brown and bubbly. Serve immediately, drizzled with Red Apple Balsamic Syrup.

Red Apple Balsamic Syrup

Ingredients

- 1 C **Gustare Red Apple Balsamic Vinegar**
- 2 T honey
- 1 vanilla bean, split lengthwise and seeds scraped out

Directions

Combine the balsamic, honey, vanilla bean seeds and bean pod in a small saucepan and bring to a boil. Reduce heat to medium and cook for approximately 15 minutes or until thickened and syrupy. Remove from heat, discard bean pod and cool.

to taste, to enjoy, to savour

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