

# APPLE UPSIDE DOWN FRENCH TOAST

Apple Upside Down French Toast

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 8 (Serving = 1/8th of pan)*

## Nutrition (per serving)

Calories: 135

Total Carbohydrate: 27

Total Fat: 1.5 g

Dietary Fiber: 3 g

Saturated Fat: 0 g

Protein: 4 g

Sodium: 120 mg

## Ingredients

- 4 sweet apples, such as Red or Golden Delicious
- ½ Tablespoon plus ½ teaspoon ground cinnamon (divided)
- 1 ½ Tablespoons Smart Balance® Light Buttery Spread
- ¼ cup Splenda® Brown Sugar Blend
- Cooking Spray
- ½ cup egg substitute
- ½ cup skim milk
- 1 teaspoon vanilla extract
- 6 slices whole wheat bread (use gluten free bread for GF version)

## Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Core apple and thinly slice. Place slices in large bowl with  $\frac{1}{2}$  Tablespoon cinnamon and toss to coat.
3. Melt margarine in large skillet on medium heat. Add apples and brown sugar. Cook for 1-2 minutes. Pour into sprayed, 9 inch round baking dish.
4. In a medium bowl, mix egg substitute, skim milk, vanilla and  $\frac{1}{2}$  teaspoon cinnamon. Completely submerge bread slices in mixture and place on top of apples in baking dish. Cover apples completely. Smash bread down to fit.
5. Bake for 30 minutes. Let cool for 5 minutes. Place serving plate on top of pan and flip. Carefully remove the pan and spoon any additional liquid on top.