



Everything Should be Made with L.o.♥.e.

Baked Apple French Toast

Ingredients (Organic is always best):

6-7 apples (great use for older apples not fresh enough for eating)
30 ml butter
125 ml brown sugar
10 ml L.o.♥.e. Organic Chinese Five Spice
8 slices raisin bread
8 eggs
125 ml sugar
875 ml homogenized milk
Maple syrup for serving

- 1) Grease 9 x 13 glass baking dish.
- 2) Peel the apples. Core and slice the apples and sauté them in the butter until they soften.
- 3) Add the brown sugar and Chinese Five Spice, stir and remove from heat.
- 4) Toast the raisin bread and cut the slices into triangles. Lay them in an alternating pattern, side by side, in the glass pan with the long side of the triangles touching the bottom of the pan.
- 5) In a medium bowl, beat the eggs well. Stir in white sugar and milk.
- 6) Gently pour the egg mixture over the arranged toast triangles in the glass pan.
- 7) Arrange the apple mixture on top of the egg mixture and toast in the pan.
- 8) Cover the pan with plastic wrap, beeswax wrap or an airtight lid and let sit overnight so the toast absorbs the egg mixture.
- 9) Remove the cover and bake in preheated 350 degree F oven for 60 minutes, until the egg mixture is set. Let sit for 10 minutes and serve with maple syrup.

We hope you will agree that *everything should be made with L.o.♥.e.*

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This recipe features *L.o.♥.e. Potion #3 Chinese Five Spice*