



## BAKED FRENCH TOAST WITH MAPLE SYRUP APPLE SAUCE



6 portions

### INGREDIENTS

2 organic oranges  
1 organic lime  
50 gr orange blossom honey  
1 tbsp orange flower water  
5 eggs  
175 ml milk  
1 tsp cinnamon  
2-3 pinches of ground cardamom  
salt  
12 slices white bread  
(ideally squares)

for the apple sauce:  
500 gr apples (sour)  
1 tbsp lemon juice  
¼ vanilla pod  
50 ml apple juice  
1-2 tbsp maple syrup  
¼ tsp ground cinnamon

### PREPARATION

Pre-heat your oven to 200°C (upper/lower heat). Wash the citrus fruits, dry them and grate the zest of one orange and a lime. Squeeze both oranges.

Melt butter in a small pot, add honey and orange flower water. Pour the mix on a non-stick baking tray and spread it with a rubber spatula.

Blend eggs, milk, orange juice, citrus zest, cinnamon, cardamom and a pinch of salt. Pour into a flat bowl, batter the bread slices and place them on the prepared baking tray. Pour the rest of the egg-milk-mix on the bread slices.

Place the baking tray on a central shelf position. Bake for ten minutes, then flip the bread slices with a ladle. Bake for ten minutes, flip again and continue baking for another ten minutes until the bread is well toasted. In total, the bread slices stay in the oven for around half an hour.

Prepare the apple sauce in the meantime.



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for the apple sauce:  
500 gr apples (sour)  
1 tbsp lemon juice  
¼ vanilla pod  
50 ml apple juice  
1-2 tbsp maple syrup  
¼ tsp ground cinnamon

### PREPARATION

Wash the apples and chop them with the peel, but remove the core. Place the apples with lemon juice in a pot. Slice the vanilla pod and extract the vanilla pulp. Boil up vanilla pulp and -pod, apple juice and apples in a closed pot. Simmer for 15-20 minutes at medium heat until the apples are soft.

Remove vanilla pod and sieve the apple sauce through a sieve. Add maple syrup and season with cinnamon.

Serve hot French toasts with apple sauce.

Idea: if you prefer cold apple sauce, prepare it beforehand and refrigerate it for a while.