



APPLE PIE FRENCH TOAST STICKS

Homemade apple sauce with warm spices gives these French Toast Sticks a Fall vibe.



Yield: 10 servings

Total Time: 50 min

INGREDIENTS:

- 10-12 soft, large, square bread slices (one per student – have some extras)
- 4 oz cream cheese room temperature
- 2 eggs
- 3 tbsp water
- 1/3 cup sugar
- 1 tsp ground cinnamon
- 2 tbsp butter for cooking, more if necessary

* for the homemade Apple Filling Option

- 2 Tablespoons butter
- 3-4 medium apples peeled, cored and diced into 1/4-inch cubes or grated (some can be grated and other pieces are larger).
- 1/3 cup brown sugar
- 3 Tablespoons water
- 1 teaspoon cinnamon
- 1 Tablespoon + 1 teaspoon cornstarch
- 2 Tablespoons water

* for the canned apple filling option

- 1 large can apple pie filling

TOOL BOX



Mixing bowls
Wavey choppers
Peeler
Grater
Cutting mats
Measuring tools
Large Skillet
Cooking pot

Note: you can make this with canned apple pie filling or make your own cooked apples!

PREPARATION:



FILLING

Kids peel and finely chop and or grate the apples.

Kids measure all ingredients for cooking the apples

In a medium size pot, melt butter, add apples, spices, brown sugar and 3 tablespoons of water. Cook over medium-high heat, for 4-6 minutes or until the apples very slightly softened. This can take 20 mins or so.

In a small dish combine cornstarch and 2 tablespoons of water. Add to the pan while stirring and continue to cook until the apples are tender, and the filling thickens, about 4-5 minutes. Cool.

BREAD

In a bowl combine sugar with cinnamon and set aside. In another bowl beat eggs with water and set aside.

Remove the crust from the edges of the bread, and flatten the slices with a rolling pin or with hands!

Spread cream cheese evenly on each slice of bread.

Add about 1-2 teaspoons of the apple filling along one edge of the bread, then roll them up!

Gently but tightly roll up the bread around the apple filling.

COOK THE FRENCH TOAST STICKS

Heat a large skillet over medium heat and melt about 1 tbsp of butter. Coat the rolls in the egg mixture and place seam side down. Cook 5-6 rolls at a time.

When browned, turn a quarter turn and continue until all sides are cooked and browned nicely.

Clean the pan slightly with a paper towel and repeat until all rolls are cooked.

Roll into the sugar cinnamon mixture and serve.

RATE THE RECIPE!



HOW WOULD YOU MAKE THIS DIFFERENT NEXT TIME?

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