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Apple and Cinnamon French Toast Cups



[Honey Wheat](#)

Who said French toast had to be square? To make this fun breakfast treat, tender apples and cinnamon are tossed with bread cubes, then baked in custard cups until golden brown and bubbling.

Total Time:

40
MIN

Number of Ingredients:

9

Servings:

4

Level:

Medium

Ingredients:

4 slices of Nature's Own Honey Wheat bread, cut into 1-inch cubes

1 tablespoon butter

1 large baking apple, diced

1/2 teaspoon cinnamon

2 eggs

1/4 cup milk

1/2 teaspoon vanilla

1/8 teaspoon salt

1/8 teaspoon nutmeg

Instructions:

Preheat oven to 350° F.

Spray 4 (4-ounce) custard cups with nonstick cooking spray.

Melt butter in medium skillet over medium-high heat.

Add apple and 1/4 teaspoon cinnamon.

Cook and stir 5 minutes or until tender; set aside.

Combine eggs, milk, vanilla, remaining 1/4 teaspoon cinnamon, salt and nutmeg in medium bowl.

Add bread cubes.

Let stand about 5 minutes to allow mixture to soak into bread.

Fold in apples.

Divide bread mixture evenly between prepared custard cups..

Bake 20 minutes or until set and golden brown.

Let stand 5 minutes.

Run a knife around edges of cups; lift out French toast.

Serve immediately.

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