



Apple Cinnamon Breakfast Bake

INGREDIENTS

1/2 cup unsweetened applesauce	1/3 cup regular, coconut or nut milk
2 eggs; lightly beaten	2 tablespoons maple syrup
1 tablespoon butter, melted	1 teaspoon vanilla
1 tablespoon cinnamon	1 small apple; finely chopped
2 tablespoons nuts; chopped (optional)	

DIRECTIONS

Preheat oven to 375 degrees F. Lightly grease four 6-ounce ramekins or custard cups with butter. Place the ramekins in a 15x10-inch baking pan. Set aside. Combine applesauce, milk, egg, maple syrup, butter, vanilla, and cinnamon in a medium bowl. Stir in chopped apple. Divide mixture among the prepared ramekins. Bake about 20-25 minutes or until a knife inserted near centers comes out clean. Cool for 15 minutes on a wire rack. Sprinkle with nuts if desired. Serve warm. Makes 4 servings; 140 calories each.