THE J.M. SMUCKER Co

Mini Apple Cinnamon French Toast Bites — Two-Ingredient Dough

Prep Time	Cook Time	Serves	Difficulty
15 mins	15 mins	18	N/A

Ingredients

- 1 cup (250 mL) Brodie® Self Raising Cake and Pastry Flour

  BRODIE® Self-Raising Cake & Pastry Flour

- 1 cup (250 mL) 0% fat greek yogurt
- 1/2 apple, finely chopped
- cinnamon to taste
- 1 tsp (5 mL) sweetener, optional
- 1 egg, beaten
- 1 tsp (5 mL) vanilla extract
- 1 tsp (5 mL) natural turbinado sugar

Directions

Step 1:

Preheat oven to 400F. Grease mini muffin pans with vegetable spray. Combine apples with cinnamon and stevia if using. In separate bowl, combine egg, vanilla and cinnamon.

Step 2:

Combine flour and yogurt in medium sized bowl. Knead in apple mixture. Remove to floured work surface and gently knead until dough forms. Divide dough into 18 pieces. Roll each into a ball. Dip into egg mixture and place in prepared muffin pans. Dust with sugar and cinnamon. Bake in preheated oven 15 minutes or until golden.

Images

