

ESSY'S ESSENTIALS



Recipe No. 08

APPLE BUTTER CROISSANT BAKE

A cosy breakfast bake for slow mornings and the first cooler weekends

 Serves 6–8 

Ingredients

For the bake

- 5 large buttery croissants
- 250 ml whole milk or lactose-free milk
- 150 ml double cream
- 3 large eggs
- 2 tbsp apple butter
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- pinch sea salt

To finish

- 1 small apple, thinly sliced
- demerara sugar
- icing sugar, optional

Method

1. Heat the oven to 180°C conventional. Butter a medium baking dish.
2. Tear the croissants into large pieces and arrange in the dish.
3. Whisk together the milk, cream, eggs, apple butter, maple syrup, vanilla, cinnamon and salt.
4. Pour over the croissants and leave to soak for 15 minutes.
5. Arrange the apple slices over the top and sprinkle lightly with demerara sugar.
6. Bake for 30–35 minutes until golden, puffed and lightly crisp on top.
7. Dust with icing sugar just before serving.



Essy's Notes

Serve warm with a spoonful of crème fraîche or thick yoghurt and an extra drizzle of maple syrup. Even better the morning after, gently reheated with coffee.