

Whole Wheat Banana French Toast

“It’s well worth the effort to stop by your favorite bakery to pick up a loaf of fresh whole wheat bread for this simple wholesome breakfast. Additional sliced bananas piled on top provide a flavorful touch”.

8 servings

Difficulty level- easy Price- cheap

INGREDIENTS:

- 1/2 cup liquid egg substitute (equivalent to 2 whole eggs)
- 1/4 cup low-fat buttermilk or fat-free half-and-half
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon Splenda
- 2 bananas, peeled and cut into 1-inch chunks
- 1 loaf honey wheat bread (round unsliced works best)
- Cooking spray
- Light maple syrup

DIRECTIONS:

- In a shallow bowl, combine egg substitute, buttermilk, vanilla, cinnamon, and Splenda. Mix well.
- Place bananas in a blender or food processor and blend until smooth. Pour into egg mixture. Mix well.
- Slice bread into 8 thick slices (approximately 2 inches thick). Save remaining bread for sandwiches.
- Heat a nonstick griddle or pan on medium high. Coat well with cooking spray.
- Submerge each slice of bread in batter. Turn to coat each side.
- Cook on hot grill for 3-5 minutes per side or until crispy brown. (The bread may stick, so spray pan again before turning over the slices). Serve hot with light maple syrup.